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TIM HORTONS
Roll-up-the-Rim scam

...and Calgary coffee place's big idea

metroNEWS

Lady, Candace and Geraldine were at the Beltline Youth Centre on Tuesday, prepping for Pink Shirt Day by writing pledges on how they will end bullying. BRODIE THOMAS/METRO

THE POWER OF *PINK*

Youth centre takes a stand on bullying metroNEWS

Opposition calling for NDP probe

POLITICS

Notley accused of improper fundraising

The Wildrose want an investigation into Premier Rachel Notley's role at an Ontario NDP fundraiser that the Wildrose says solicited donations from companies doing business in Alberta.

The Opposition says it is asking the ethics commissioner to look into Notley's involvement because it raises questions around impartiality and the selling of access.

Cheryl Oates, Notley's spokeswoman, confirms that the premier attended the event with Ontario NDP Leader Andrea Horwath on Friday at the Royal York Hotel in Toronto.

Oates says the trip was not charged to the government and donations went to the Ontario NDP.

Bruce Logan, Horwath's senior adviser, was not immediately available for comment.

The Wildrose says sources report attendees were promised close access and there were no more than 20 people at the event.

Meanwhile, Alberta's NDP party cancelled an Edmonton fundraising event just hours before it began Tuesday after an investigation was launched by the ethics commissioner.

Cheryl Oates says the cancellation surrounds just part of the fundraiser Tuesday night at the Alberta Art Gallery.

The main part of the event went ahead, with tickets sold for $250, but a $1,000-per-ticket private meet with the premier and MLAs in a separate room was cancelled. THE CANADIAN PRESS

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Mars recalls candy bars in 55 countries after plastic found in products.

Livery bylaw means big changes for taxi drivers

TRANSPORTATION

Regulated top rate set, but cabbies can charge less

Helen Pike
Metro | Calgary

Think Calgary's rideshare bylaw discussion was all about Uber? City says hail no!

Although Monday's council conversation was dominated by the app-based service, one voice was absent from the rhetoric. Calgary's cab industry, even in the ridershare giant's absence, will see industry transformative changes with the city's refreshed livery bylaw.

Starting April 4, when the new bylaw comes into effect, new provisions in Calgary's livery rules will mean a 180 for the ancient taxi industry.

"During Stampede, demand is increased and there could be surge pricing in effect for app-based service," read a statement from Carissa Vescio, city spokesperson. "Phone dispatch and street hail taxi service will continue to be subject to regulated maximum rates. The current taxi meter rate is now a maximum and taxi companies can choose to charge less, if they choose."

That means when you can't get through phone lines and want a ride home, turning to the app could cost you. But the city doesn't play a role in these deals, and Vescio said riders are notified of rates before taking their cab trip.

As of Feb 23. most of Calgary's top cab companies had apps up and running, giving them the power to launch on-demand-like ride services. Although the city isn't overly concerned about surge pricing, the bylaw allows Transportation Network Companies and taxis to charge as they wish if using an app.

Although Uber didn't indicate plans to launch their UberBlack limousine system while trying to fix UberX hiccups with the city, existing limousine services now have provisions in the bylaw to become more on-demand than before. In fact, compared with the old bylaw, most of the limousine provisions have been stricken from record.

The city got rid of minimum fares for limos as well as the 30-minute, advanced-arrangement time. They have also changed the types of vehicles considered limousines to a more general range.

There's no telling how the bylaw changes may unfold, but Mayor Naheed Nenshi told reporters Monday new is good.

"We have really moved limousines into a brand new world, which by the way allows UberBLACK to operate," said Nenshi. "We were able to do that in a way where we still have 87 per cent of people thinking we provide good service in that area."

> **Phone dispatch and street hail taxi service will continue to be subject to regulated maximum rates.** Carissa Vescio

Cabs now have new perks thanks to a bylaw upgrade passed Monday. The new city rules for the taxi industry take effect on April 1. METRO FILE

GHOST OF UBER LINGERS ONLINE

Despite their adamant departure, Calgary isn't rid of Uber yet.

Ads on Kijiji still encourage drivers to sign up and become partners. But despite their haunting calls online — Uber is gone.

On Monday, Calgary's city council voted in favour for a livery bylaw refresh that would see Uber-like ridesharing legalized as of April 4. The passed bylaw was similar to Edmonton's successful model, where Uber will begin operations March 1.

Shortly after the win by Calgary's administration, the rideshare giant stated the new rules would be too cumbersome for their model.

HELEN PIKE/METRO

RIDESHARING

Meet Uber in middle: Councillor

Brodie Thomas
Metro | Calgary

The lone dissenter on the ridesharing bylaw vote thinks the city still needs to walk a bit further to meet Uber in the middle on some issues.

Coun. Evan Woolley said he thinks the city came close in its negotiations and he put forth a motion arising that he felt would bridge the gap, but it didn't pass muster.

In the end, he voted against the proposal that passed Monday.

"There's a couple of key touch points that I think could've gotten us across the finish line and it's unfortunate we didn't get there," said Woolley.

Those two points are the fee structure and the mechanical inspections.

As it stands, Uber drivers would pay the same annual fee, regardless of how much they drive. Woolley thinks there needs to be a sliding scale, or a pay-by-kilometre system,

He noted in a rideshare model, they are personal vehicles that will be used for a small fraction of time as commercial vehicles. He doesn't think they require the same level of inspection as a taxi, which is running over 100 hours per week.

"Had we moved from these two simple items, I think we would've had Uber staying in town right now."

The city is looking at new ways to fund waste and recycling. A report warns that as we recycle more, costs of diverting and handling materials could climb. METRO FILE

Waste pickup can be efficient: Report

CIVIC MANAGEMENT

Funding model based on user fees would help save tax dollars

Brodie Thomas
Metro | Calgary

Citizens producing less waste in the future could paradoxically lead to higher waste collection cost.

That's according to a report going before city council's committee on utilities and corporate services Wednesday.

The report is exploring ways to fund waste pickup in the city for the 2019-22 business cycle. It recommends moving away from using property tax dollars and toward a self-sustaining model based on user fees.

Waste and Recycling Services (WRS) is currently getting 22 per cent of its funding from property tax dollars — or about $37 million annually.

Another 68 per cent comes from fee revenue including landfill tipping fees. The final 12 per cent comes from a gas tax grant.

Coun. Peter Demong, chairman of the committee receiving the report, said it's true that moving toward a self-sustaining funding model would amount to higher user fees, but he said it should create more efficient system.

"The gist of the argument is — it's easier for traceability," he said. "This is what it's costing us — this is what we need to charge."

Demong said if the city stopped funding the program with property tax dollars, he would push to see that $37 million go back to taxpayers.

A back-of-the-envelope calculation put that at about $7 per household, per month.

The report notes that the changing ways the city processes garbage will change the cost of doing that work.

"As diversion programs are expanded and become more complex, operating costs could also increase," reads the report.

The report notes that tipping fees at the landfill are not a sustainable way to fund the program as more waste is diverted to recycling.

At the same time, the report says the city is projecting less waste as consumers change their habits, and retailers reduce the amount of packaging material on goods. They warn that a sudden drop in waste could lead to higher operating costs.

Coun. Demong isn't as concerned about that scenario. He said as the city continues to grow in population, the overall waste produced will keep that number in check.

$37 million

Waste and Recycling Services gets this much of its annual funding — about 22 per cent — from property tax dollars.

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POLICE

Man charged in Feb. 7 stabbing

The Calgary Police Service has charged a man with the attempted murder of another man earlier this month.

On Feb. 7, police were notified by EMS at approximately 7:30 p.m. that a man had been stabbed at a strip mall located in the 5200 block of Memorial Drive East. The man was taken to hospital in serious condition.

Investigators believe a man and a woman known to the victim went to the victim's house to visit. Police allege an altercation occurred and the visiting man stabbed the victim multiple times.

On Feb. 19, RCMP in Sparwood, B.C. arrested David Vernon, 34, in connection with the investigation. Vernon has been charged with attempted murder and aggravated assault. He will be returning to Calgary Feb. 23. A court appearance date will be set when he arrives. METRO

IN BRIEF

Calgary in 32nd place on world city listing

Calgary ranked 32nd in the world on Mercer's 2016 Quality of Living Rankings of big cities.

The annual list ranks cities worldwide on subjects such as housing, education, recreation, and economic conditions.

The only American city above Calgary was San Francisco, at 28.

Vancouver (5), Toronto (15), Ottawa (17) and Montreal (23) were the Canadian cities that ranked ahead of Calgary. METRO

Mother feels ignored by health care system

MENTAL HEALTH

'If you need answers you have to pay for them'

Jeremy Simes
For Metro | Calgary

If Ben Jakab got real help three years ago, he could've been a happy and healthy boy today, according to his mom, Connie.

The Jakabs have navigated a fragmented system — one described by MLA Dr. David Swann at Monday's Mental Health Review announcement.

The review immediately calls for centralized access to system-wide navigation information, distress and crisis support. It also recommends providing children and families with medical detox, and acute care and community transition beds.

Ben, 9, was recently diagnosed with ADHD, slight Asperger's, depression, anxiety and oppositional defiant disorder.

Last summer, Ben was taken to the Children's Hospital — he threatened to kill himself and the family.

"I was very afraid," Connie said. "I dealt with his mood swings and thought, 'He's not serious' — you go through all of this stuff, so you think they can't be feeling that.

"We also felt despair like,'Why us? Why me?' But you're never immune."

Ben spent about three weeks at the hospital. Connie said his stay had both pros and cons.

"He was safe from whatever he was thinking," she said. "But it was also devastating for him to go there."

The Jakabs from left: Ben, Reuben, Christopher and Connie. CONTRIBUTED

Prior to his hospitalization, Connie said it seemed the healthcare system wasn't listening.

"We felt we weren't taken seriously until we went to the children's hospital," she said. "It hasn't been too late, but I think about how much prevention could've happened three years ago.

"He could be happy. He could be a thriving boy now."

She said the family spent $5,000 to get an immediate assessment, rather than be placed on a lengthy wait-list.

"We needed answers," she said. "And if you need answers, you have to pay for them."

> **We felt we weren't taken seriously until we went to the children's hospital.**
> Connie Jakab

Ben also felt stigmatized, Connie added. She said the family now home-schools him.

"You feel it everywhere," she said. "It got bad pretty bad at school — he just felt like he was a bad kid."

It also affected her own mental health.

"I'm surprised I'm still married," she said. "I feel like I've aged a ton in the last few years — just the stress and the exhaustion has been really hard."

To cope, Connie said she's cut down work to be with Ben as often as she can. She's also turned to faith.

"I live a simpler life, but it's do-able," she said. "I think our system needs to focus on families. If you help a parent, you help a child. I think some parents are still suffering and, if the child sees that, then I think they begin to deal with their problems again."

MENTAL HEALTH

Students anxiously await news on funding

Helen Pike
Metro | Calgary

The Alberta Mental Health Review is giving Alberta students anxiety.

The review, delivered Monday, made several mentions of post-secondary institutions, which encouraged students. But it left out a key point: This year the $10.5 million in funding allocated by the PCs in 2013 runs dry, and campuses are desperate to keep up mental health services.

Council of Alberta University Students (CAUS) chair Romy Garrido said although CAUS was excited to see post-secondary mental health mentioned several times by the government, they are still holding out for the NDP to put their money where their mouth is.

"We were hoping for a renewal but really more of a long-term commitment that this funding would be permanent," said Garrido.

"From our understanding it seems like it's not in the immediate cards, so we don't really know in terms of timelines."

In the three years of mental-health focused funding from the government, schools across the province have been able to add more counselling hours and cut down wait lists.

Garrido said CAUS has sent the ministry a letter about the importance of renewing mental health funding to post-secondary institutions, but they haven't had a response on the subject from Minister Sarah Hoffman.

Minister Hoffman provided a written statement to Metro.

"Funding decisions will be announced in the future, and I share their view that mental health services for students and all Albertans must be strengthened."

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District 1 Insp. Cliff O'Brien METRO FILE

Operation Salvation gets results

POLICE

Plan to reduce violence and social disorder makes waves

Lucie Edwardson
Metro | Calgary

In the weeks following 29 arrests in a drug trafficking mission dubbed Operation Salvation in the city's downtown, Calgary police said they're already seeing results.

District 1 Insp. Cliff O'Brien presented an update of the ongoing operation at the Calgary Police Commission meeting Tuesday. He said during the first phase of the operation it became clear there was a distinct link between the drug trafficking and increased crime and violence in the area.

Since the arrest of the 29 individuals however, O'Brien said there have been positive results.

"We've certainly seen a decrease in the violence and we're hopeful for an increase in calls from the community before things escalate again," he said.

O'Brien said the mission for the operation was to reduce violence and social disorder by targeting drug traffickers in public areas where families tend to be, such as libraries, parks and restaurants. He said police, peace officers and bylaw officers have increased their presence in these problem areas.

O'Brien said the officers have been working closely with businesses in the area to help create a proactive plan to slow down the resurgence of the drug activity in hopes that they will call police when they notice drug activity before things escalate to violence.

"What we'll do is we have community resource officers who will look at things from a CPTED (crime prevention environmental design) perspective and we'll help problem solve," he said. "Every business has unique problems and we'll help with that."

As an example, O'Brien explained that the Calgary Police Service recently helped a business who had frequent trafficking problems by instructing them to turn off their free Wi-Fi when they closed at 6 p.m. to prevent dealers from hanging around.

He said the police have already received thanks from many community partners and businesses for the differences made by Operation Salvation.

> Every business has unique problems and we'll help with that.
> Insp. Cliff O'Brien

EMPLOYMENT

Alberta tradespeople find work in B.C.

Alberta's pain is British Columbia's gain.

The B.C. Construction Association said Tuesday that its member companies have been busy hiring skilled tradespeople who had been working in Alberta's slumping energy sector.

Association president Manley McLachlan said these include British Columbians who were working in the oilpatch and unemployed Albertans heading west to seek jobs.

"There is a tremendous amount of work available in the Lower Mainland," McLachlan said Tuesday from Victoria.

"We are seeing activity pick up in the Southern Interior. Vancouver Island right now has a substantial amount of work underway."

McLachlan said a survey completed in December suggests about half of the 450 employers who responded hired at least one worker from Alberta's oil and gas industry in the past year.

Alberta's unemployment rate reached 7.4 per cent in January, up from 4.6 per cent a year earlier.

The Canadian Association of Oilwell Drilling Contractors estimates that 100,000 thousand direct and indirect oil sector workers have lost their jobs across Canada in this economic downturn, most of them in Alberta.

McLachlan said there is demand for skilled carpenters, electricians, plumbers, welders, heavy equipment operators, roofers and other trades for industrial, commercial and highrise residential projects.

Tom Sigurdson, executive director of B.C. Building Trades, said the association's employment forecast isn't as sunny as it seems.

He said hundreds of construction tradespeople lined up at job fairs for the Site C Hydro project in Fort St. John, B.C.

THE CANADIAN PRESS

Indigenous publisher eyes city radio station

MEDIA

CRTC to review applications to expand service in urban areas

Jeremy Simes
For Metro | Calgary

Bert Crowfoot is paying homage to his roots by hopefully bringing a new urban indigenous radio station to Calgary.

On Tuesday, the Canadian Radio-Television and Telecommunications Commission (CRTC) announced it received 12 applications to serve urban indigenous people in Canada's largest cities.

Three of those 12 applications were meant for Calgary, one being Crowfoot's Aboriginal Multimedia Society of Alberta (AMMSA).

Crowfoot, originally from Skisika Nation, has family ties to the respected Chief Crowfoot.

From left: AMMSA CEO Bert Crowfoot, director of radio Boyd Leader, Warren Berg, Kimberley LaFramboise, Dustin McGladrey, Wall Desjarlais and Jeremy Harpe. CONTRIBUTED

Crowfoot said the station plans to feature country music primarily, though the station will play lots of local artists and deliver programming in Dene, Lakota and Blackfoot.

For indigenous peoples living in the city, the station is a chance to feel like they're home, Crowfoot said.

"Sometimes people move away to the city for better opportunities," he said. "With our other stations, we've had people say hearing a certain accent just takes them back."

AMMSA has 29 broadcasting stations in northern Alberta and a few scattered in the south.

> **We want to provide Alberta content that's for everyone.**
> Bert Crowfoot

The CRTC said frequencies in the area became available in June 2015, when the commission revoked Aboriginal Voices Radio's licences. There were numerous, serious and repeated compliance issues, the CRTC said.

The CRTC said it will announce a public process to consider the new applications at a later date, if possible.

Crowfoot said the station will connect non-indigenous and indigenous peoples alike.

The CRTC said it hasn't determined when the public process for the stations will begin.

Other applications for Calgary include First Peoples Radio and VMS Media Group.

PROMOTION

Coffeehouse rewards Roll up the Rim losers

Brodie Thomas
Metro | Calgary

If your business can't launch a nation-wide marketing campaign, you can always do the next best thing — piggyback off someone else's.

That's what the Odyssey coffeehouse on SAIT's campus is hoping to do this week as it invites losers to come by for a free coffee.

Not losers per se, but those who haven't turned up a coffee or a donut on their Tim Hortons Roll Up the Rim cups.

Shona Sutherland, communication coordinator for SAITSA, said they had been tossing around the idea for a few years.

She said the promotion only lasts for one week, and unlike Tim Hortons, you can't use it for any coffee on the menu. A losing Roll Up the Rim ticket will get anyone a regular 12 oz. coffee or tea.

They're also accepting tickets at The Station Market and The Station Express.

"You have to bring the loser in," said Sutherland. "The only regulation is one coffee per person, per ticket."

Alex Tarrant, Supervisor at the Odyssey Coffeehouse with a losing Tim Hortons ticket. BRODIE THOMAS/METRO

Jocelyn Colaiezzi, operations manager for The Odyssey said there has been a lot of talk about the promotion among students, and that's the point.

She said they hope to get more students buying their coffee from the student union, since the money goes back towards services they use.

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As we age we lose fat volume from our faces. Our cheeks, which were full and high when we were young can sink and develop a flat spot that can appear shaded and grooved. Many of us lose volume in the orbits of our eyes. This causes circles that may or may not be dark in appearance. We also lose volume in our lips and other areas of the face. This lost volume allows the face to fall and contributes to the appearance of lip lines and the folds that appear at the sides and corners of the mouth. Even when we are young, lack of volume can make us look tired!

Results are instant and natural in appearance!

The good news is that lost volume can easily be replaced with dermal fillers! This popular procedure can restore the contours and shape your face had when you were younger. Fillers can also be used to create volume where it has never existed. A skilled injector is able to place the correct consistency and amount of filler to precisely replace or create volume to the areas of the face that can benefit.

There are many different types of dermal fillers and many manufacturers. Skinpossible uses fillers that are made from Hyaluronic Acid which is a naturally occurring substance in our skin. Filler comes in many different consistencies ranging from Voluma™, a Juvederm™ product which is very thick, to Redensity II™, a Teosyal product, which is very fluid. For natural looking results it is important to use a filler with the right degree of viscosity in appropriate areas of the face.

Generally the thicker the product is the longer it will last, but the longevity of filler can also be affected by the degree of movement in the area of the face where it is placed. Filler placed in areas of the face with more activity, such as the lips, will generally not last as long as filler placed in areas of the face with a lower degree of movement, such as the orbits of the eyes. This is generally the case despite the thicker product used in the lip area. Some fillers will last up to two years while others are more short-lived with only six to nine months of longevity.

What happens to the filler? Since Hyaluronic Acid is a naturally-occurring substance within the skin, the body will metabolize the filler over time and a touch-up will be required to maintain the result. Some people metabolize fillers faster than others.

The skill and experience of the injector will very much dictate the outcome. Skinpossible's injectors use advanced treatment techniques to ensure that our patients are comfortable. In some areas of the face where a high degree of precision is needed we transfer the filler into smaller needles before we inject it. In areas such as the lips we will first apply numbing cream to desensitize the skin. In other areas we will choose to avoid the use of needles and use a micro-cannula to place the filler. The use of a blunt-tipped micro-cannula is a completely revolutionary technique for filler treatments, it is being called the 'Ouchless Needle.' It is small and the tip is rounded. The value of the blunt tip is that it is comfortable and the risk of bruising and damage to the skin is minimal.

Animation of the face is, of course, a good thing. Excessive animation, however, causes wrinkles that can eventually become static and permanently etched into our features. Not only can these deep lines age us in appearance, they can make us appear angry, sad, tired or stressed out when we are, in fact, happy, awake and relaxed. A class of medications known as neuromodulators can relax muscles to create a more youthful appearance. The appearance of stress on the face disappears.

> "Administering neuromodulators is an ART!

Neuromodulators are a class of medications which change the way that messaging is conducted between nerves and muscles. Neuromodulators have many uses within medicine including the treatment of chronic migraines, severe underarm sweating, blepharospasm (eyelid spasm), strabismus (misalignment of the eyes when one or both eyes turn inward or outward) and more cosmetically, they are used in very small doses to relax muscles that cause excessive animation of the face.

Skinpossible uses Botox!

The goal is to relax the muscles to smooth out animation lines. Dosing that is too high can freeze features and create a rather odd looking appearance. Moderate dosing, on the other hand, creates a natural, youthful looking appearance that you will love.

The results from filler can range from subtle to dramatic but it is important to not overdo it. Too much filler can look unnatural. It's better to use a combination of treatments such as Ultherapy to tighten and lift and Laser Resurfacing to smooth wrinkles, than to expect filler to do it all.

A consultation prior to doing anything will determine the treatment or combination of treatments that is right for you. As a rule of thumb...if your face can't move or your lips enter the room before you do, you may have lost perspective!

Skinpossible is a medical aesthetics clinic located in Calgary in the community of Chaparral Valley. Our style of consultation is relaxed and educational so you can make an informed decision. Consultations are always Free and so is parking. Evenings and Saturday appointments are available.

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Laser Nail Fungus Removal
IntimaLase *Laser vaginal tightening*
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Parent group fights Bill 10

EDUCATION

Recall bid as guidelines on gender labeled 'heavy-handed'

Aaron Chatha
Metro | Calgary

The Alberta Education gender guidelines will isolate children from parents, according to one Calgary-based parent group who have launched a petition to recall Bill 10 and the guidelines.

Donna Trimble, executive director with Parents for Choice in Education, said the group takes issue with parents not being notified if their child requests or attends a Gay-Straight Alliance in school, or if they identify as transgender but do not wish for that information to be revealed to their parents.

"If a child fell in the school yard and was injured, their parent would be called," said Trimble.

Education Minister David Eggen introduced the government's guidelines in January, which a parent group is now taking issue with. RYAN TUMILTY/METRO

"It makes no sense to isolate parents from the struggles of their children around that child's psychological distress over sexual identity."

Advocates for the guidelines have said telling parents before the child is ready may put the student in danger, if their parents are not accepting of their identity at home.

> **It makes no sense to isolate parents from the struggles of their children**
> Donna Trimble

Trimble said schools already have resources in place for unique situations when children may be endangered, and not telling parents will only serve to isolate children further.

Education Minister David Eggen stands by Bill 10 and the guidelines, but did not directly address the petition's points.

"All students deserve safe schools and the right to establish gay-straight alliances or queer-straight alliances," he said. "That is the law."

Eggen said he has personally been contacting boards this week and has been meeting with students who have benefited from GSAs and QSAs already in place.

In the Alberta Educations gender guidelines, a key point was the ability for students to self-identify their gender, which Trimble takes issue with.

"Alberta parents cannot assume that heavy-handed guidelines that coerce schools to accommodate transgender students will automatically protect these children from self-harm," she said.

Eggen said last week students from the QSA at Red Deer's Lindsay Thurber School, the longest running QSA in the province, told him the work Alberta Education is doing to support LGBTQ students has the potential to save lives.

POLITICS

Notley calls byelection in Calgary Greenway

Premier Rachel Notley has dropped the writ for a byelection to fill a seat left vacant by the death of a member of the legislature.

Voters in the Calgary Greenway constituency are to go to the polls on March 22 to replace the late Progressive Conservative MLA Manmeet Bhullar.

Bhullar was killed last November in a traffic accident.

The NDP already has a candidate, but the opposition parties are scrambling to move up their nomination dates to get their own candidates in place.

The Wildrose party has said Notley should have shown more respect for the democratic process and waited to drop the writ until all candidates were named.

Notley's officials have said everyone knew that a byelection was coming and should have had candidates in place.

THE CANADIAN PRESS

Solidarity in pink

AWARENESS

Youth pledge to end bullying on Pink Shirt Day

Brodie Thomas
Metro | Calgary

Candace was just one of the many youth at the Beltline Youth Centre wearing a pink shirt Tuesday.

She said when she wears the pink shirt, she feels as if she's on the side of those who are being bullied.

The kids and teens were trying them on in anticipation of Pink Shirt Day — which is being marked across Canada on Wednesday.

Youth were also writing pledges not to bully on Post-it notes, which were put up on one wall of the centre

"We are asking the youth to write down how they will be kind, what they will do to stop bullying and what they can do to stand up for people affected by bullying," said Sheliza Ladhani, co-ordinator of the Beltline Youth Centre,

She said this year's campaign slogan is "Kindness is One-Size-Fits-All."

The campaign has its roots in Nova Scotia. A group of friends wore pink to school to support their classmate who had been bullied for wearing a pink shirt.

"We keep making sure we're spreading a message of healthy relationships and how to stop bullying before it begins," said Ladhani.

Everyone including staff at the Boys and Girls Club Beltline Youth Centre were trying on their pink shirts Tuesday as they got ready to mark Pink Shirt Day — a national anti-bullying campaign. BRODIE THOMAS/METRO

ART COMMONS

Ledge Gallery decor goes Far Out

Jeremy Simes
For Metro | Calgary

Sasha Foster is just as colourful as her work.

Foster, a visual artist who delves into sculptures and lights, has turned the Ledge Gallery at Arts Commons into what looks like a space alien lounge.

Called Far Out, it's an playful installation that pushes boundaries.

"I feel this body of work is critiquing this really formal way of thinking," Foster said. "A lot of the adults do a quick little look but, when you look at them, they hustle away."

It's different for kids.

"The kids are like, 'Ah, It's a light party in there,'" she said. "I think that fun element is something that's lacking in art, lacking in culture."

Far Out also critiques the idea that art as a venue for critical thought — she said it can divide the public from artists.

"Sometimes it's just meant to be fun and pushing perception and the way you experience things," she said.

"Let's have those fresh-eyed kids have a look at the world around us, and be awe-struck by things like the stars, the aurora borealis and rainbows. That's exciting to me and I like injecting that into my art."

The underlining inspiration for Foster's work comes from that 1960s and '70s Barbarella, atomic culture, though many ideas come from street lamps or other objects.

Like her work, Sasha's own look lets the public engage with the colourful things that surround them.

"It's not necessarily a superconscious thing that I'm always doing," she said. "I do believe that making colourful art allows the public to engage and dressing fun and colourful allows them to engage with you and start conversations."

Sasha Foster's Far Out uses lots of lamps to enhance her space alien installation.
JEREMY SIMES/FOR METRO

IN BRIEF

Man charged after close call for Mountie

A charge of dangerous driving has been laid after a southern Alberta RCMP officer narrowly escaped being run down by a car that had allegedly rammed his police cruiser.

Police say the Lethbridge-area officer tried late Monday morning to stop a vehicle involved in a traffic offence, but the driver sped away with the Mountie in pursuit.

The officer followed the Honda Civic into a construction company yard and blocked the entranceway, but the driver allegedly rammed the cruiser to try to get away and the officer leaped out and opened fire.

No one was hurt.

Lekendric Smith, a 18-year-old Calgary man, is facing other charges that include failing to stop for a police officer and will appear in a Lethbridge courtroom on Wednesday.

THE CANADIAN PRESS

CLASS ACTION NOTICE

AUTHORIZATION OF A DATA BREACH CLASS ACTION CONCERNING THE LOSS OF THE PERSONAL INFORMATION OF CUSTOMERS WHO IN MARCH 2008 LEASED A CHRYSLER, DODGE OR JEEP VEHICLE FROM DAIMLERCHRYSLER FINANCIAL SERVICES CANADA INC. (NOW KNOWN AS TD AUTO FINANCE SERVICES INC.)

Introduction:
In March 2008, a Data Tape containing the personal information of all DaimlerChrysler Financial Services Canada Inc. ("**Chrysler Financial**") vehicle lease customers across Canada was lost (approximately 239,277 customers). The personal information on the lost or stolen Data Tape contained some or all of the following information: the customer's name, address, phone number, social insurance number, date of birth, as well as other information related to the status and history of the customer's credit file with Chrysler Financial.
If, on or before March 12, 2008, you leased a vehicle from Chrysler Financial (including, without limitation: **Chrysler, Dodge or Jeep vehicles**), your personal information was likely included in the lost Data Tape. You may also have received a notification letter from Chrysler Financial in March or April 2008, informing you of the loss of your personal information.

1. **TAKE NOTICE** that on January 19, 2015, the Honourable Mr. Justice Lacoursière of the Superior Court of Québec authorized the bringing of a class action against Defendant TD Auto Finance Services Inc., formally DaimlerChrysler Financial Services Canada Inc. ("**Chrysler Financial**" or "**Defendant**"), and ascribed the status of representative to Mr. Maxime Belley ("**Petitioner**" or "**Plaintiff**") to act on behalf of the following Group:
   All persons (including their estates, executors, or personal representatives), consumers, corporations, firms, businesses, and other organizations, in all of Canada, whose personal information was stored or saved on a data tape, which was lost by Respondent while in transit on or about March 12, 2008.

2. **This class action will be brought in the Province of Quebec, District of Montreal.**

3. **The principal questions of facts and law that will be dealt with collectively are the following:**
   a. Was Defendant negligent in the handling of and subsequent loss of the personal information of the Group members?
   b. Is Defendant liable to pay damages to the Group members as a result of the loss of said information, including actual monetary losses incurred, lost time, inconvenience, anxiety and other moral and/or punitive damages caused by the loss of said information, and if so in what amount?

4. **The conclusions sought by this authorized class action are the following:**
   GRANT Plaintiffs' action against Defendant;
   CONDEMN Defendant to pay to the members of the Group compensatory damages for all monetary losses caused as a result of Defendant's loss of the members' personal information;
   CONDEMN Defendant to pay to the members of the Group compensatory and/or moral damages in the amount to be determined by the Court as a result of Defendant's loss of said members' personal information;
   CONDEMN Defendant to pay an amount in punitive / exemplary damages to every Group member, in the amount to be determined by the Court, with interest as well as the additional indemnity;
   GRANT the class action of Petitioner on behalf of all the members of the Group;
   ORDER the treatment of individual claims of each member of the Group in accordance with the Quebec Code of Civil Procedure;
   THE WHOLE with interest and additional indemnity provided for in the Civil Code of Quebec and with full costs and expenses, including expert's fees and publication fees to advise members;

5. **If you wish to exclude yourself from the class action, you must notify the clerk of the Court no later than May 28, 2016, by registered or certified mail at the following address:**
   Clerk, Superior Court of Quebec, 1 Notre-Dame Street East, Montreal, Quebec, H2Y 1B6

   You must state that you wish to exclude yourself from the class action of Maxime Belley v. TD Auto Finance Services Inc. (case number 500-06-000615-126).

6. **A Class Member who has not requested his exclusion by May 28, 2016 will be bound by any judgment rendered in the class action.**

7. **If you wish to remain included in the class action, you have nothing to do.**

8. **As a Class Member, you have the right to intervene in the present class action, in the manner provided for by law. If you do so, you will not be called upon to pay any costs.**

9. **For further information about this class action, you may contact class counsel and, if possible, provide your email or other address:** Mtre David Assor, Lex Group Inc., 4101 Sherbrooke St. West, Westmount, Quebec H3Z 1A7
   Phone: (514) 451-5500 ext. 321 Fax: (514) 875-8218 Email: davidassor@lexgroup.ca Website: www.lexgroup.ca

THE PUBLICATION OF THIS NOTICE TO CLASS MEMBERS HAS BEEN APPROVED AND ORDERED BY THE SUPERIOR COURT OF QUEBEC.

Six ways to help young people

Calgary groups are among Canadian recipients of the National Bank program, One for Youth, which is focused on developing entrepreneurial abilities.

Lucie Edwardson
Metro | Calgary

1 NSTEP: $15,000

NSTEP Eat Walk Live is aimed at elementary students to teach them why they need to be active every day and how healthy eating can affect their mental wellness and academic performance.

2 YMCA Calgary: $5,000

With multifaceted activities focused on academics, the YMCA Alternative Suspension program helps struggling students navigate tough situations with the aim of reducing the number of suspensions they face. It's a collaboration involving schools, families and the students themselves.

3 Our Lady of Evergreens: $2,400

The Wellness Team (Grade 5 student leaders, assistant principal, district health consultant, school nurse and PhysEd teacher) promote healthy body and mind. Teacher leader Carrie Scott said the students do monthly presentations on fruits and vegetables. "We've seen almost 100 per cent participation at snack time on those days with students pulling out their fruit."

4 The Victory Foundation: $5,000

The Eastside Youth program offers teens spiritual guidance and a place to share meals, learn life skills, and make friends in a space free of judgment and bullying.

Travis McNeil, volunteer leader, said the grant "will allow us to put the staples together for food, the ability to take them to different places where they usually wouldn't have the opportunity to go because of addiction, poverty and broken homes."

5 Centre for Newcomers: $10,000

Youth Entrepreneurship seeks to awaken the entrepreneurial spirit in inner-city youth by inspiring, guiding and funding their dreams. "Having this grant really helps us focus on pro-social activities or recreational activities our youth is interested in," said Francis Boakye, community relations for the Centre for Newcomers.

6 Crescent Heights High School: $4,000

The Breakfast Club offers all students access to a healthy morning meal in an environment that favours their self-esteem. "It's a program so students can have their nutritional needs met so that they can meet their educational goals," said Crescent Heights math teacher Annish Saini.

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Nacho crowdfund brings in cheddar

MADISON'S 12|12

Restaurant and co-work space off to strong start

Lucie Edwardson
Metro | Calgary

Madison's 12|12 will be a coffee house and co-work space that becomes a restaurant and bar in the evening. CONTRIBUTED

A Calgary restaurant is making history by being the first ever community-funded eatery in the country.

Madison's 12|12, scheduled to open in Inglewood this June, will be a craft nacho and salad restaurant with 12 kinds of each for patrons to enjoy. The restaurant launched its community funding on Seed Ups last week and it has already raised 40 per cent of its goal.

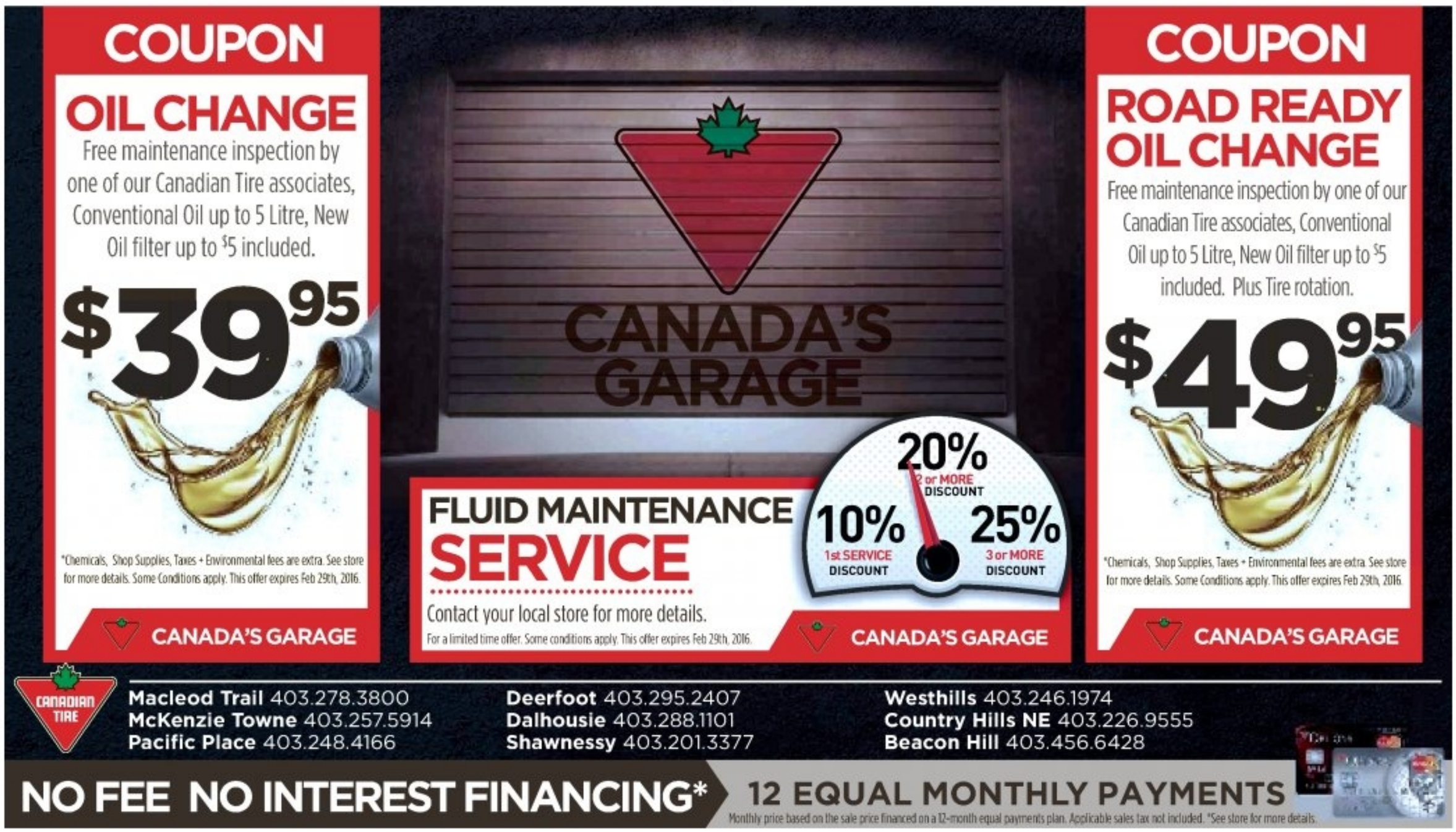
"It's a place to go hang out, have some nachos and maybe do some school work there or even start a business and be in an environment that is supportive of it," said Tom Wach, director of investment at Seed Ups and a partner at Madison's 12|12. "I think it appeals to everyone, because who doesn't love nachos and beer."

Wach said Seed Ups is the first to launch and close a business with investors on an online crowdfunding site in Canada.

He said companies can log on to their site and go through a process with their lawyers or accountants before bringing outside capital into the business.

"Potential investors can then learn about the business and interact with the management and the team ... and then if they're interested they hit an invest button," he said.

Wach said if the investor has all the appropriate checks and balances, they become preferred shareholders in the company who don't have voting rights but can offer input and advice to Madison's 12|12.



Gates likes family focus

FEDERAL CABINET

Philanthropist wants men to follow lead of McKenna

Philanthropist Melinda Gates says she wants to see male Liberal cabinet ministers follow Environment Minister Catherine McKenna's example by booking a few hours of early evening time exclusively for their families.

Gates, who believes that helping women and girls succeed will alleviate global poverty, says it would set an even stronger example if a man followed McKenna by turning off the phone between 5:30 p.m. and 8 p.m. to focus exclusively on family.

"I'm thrilled she's saying that and doing that because it takes courage, but ... it's going to take men also doing and saying the same thing," Gates told The Canadian Press on Monday.

Gates released her annual letter on international development late Monday as part of her ongoing work with the philanthropic foundation she started with her husband Bill, the co-founder of Microsoft.

As it has in the past, the Gates' letter emphasizes the need to reduce carbon emissions and find ways to help the world's poorest.

On the latter issue, she said she had a long discussion with Prime Minister Justin Trudeau at last month's World Economic Forum in Davos and said she is genuinely impressed with where he wants to take Canada on the world stage.

She commended Trudeau's decision to carry on with Stephen Harper's maternal and newborn child health initiative, including its one new wrinkle — removing the former Conservative prime minister's ban on funding family planning projects that use contraception.

"He and I had a long conversation about the importance of contraceptives and how they can benefit women, so I was very encouraged," Gates said of her recent discussion with Trudeau.

Gates was a very public supporter of Harper's initiative to reduce the deaths of pregnant mothers, their newborns and young children in the developing world. THE CANADIAN PRESS

I'm thrilled she's saying that and doing that because it takes courage ... but it's going to take men also doing and saying the same thing.
Melinda Gates

Margaret Coward holds a coffee cup outside the Tim Hortons on Portugal Cove Road in St. John's, N.L. on Tuesday. Coward won a $100 Tim Hortons card on a Roll Up the Rim cup but a Facebook "friend" claimed her prize before she could. THE CANADIAN PRESS

ROLL UP THE RIM

Tims to honour woman's stolen prize

A woman who posted a photo of her prize-winning Tim Hortons cup on Facebook has said she will be able to claim her $100 prize after all.

Margaret Coward of Conception Bay South, N.L., said one of her 900 Facebook friends spotted the security number on the rim of her cup in the photo she posted and claimed the $100 prize ahead of her.

"My main thing out of this is not to try to get the $100 Tim's card, it's (to tell) people: be aware," Coward told Torstar News Service in a telephone interview Tuesday morning.

She said a Tim Hortons customer service manager contacted her this week and said that she was "the rightful owner" of the winning cup.

Coward said she plans to fill out a form and send the winning rim to the company to claim her prize.

"We introduced the PIN code feature to allow winners the chance to collect their $100 TimCard prize online, as an alternative to mailing in the winning tab," Jodi Bond, director communications for Restaurant Brands International, the brand's parent company, told Torstar in an email.

"As these are unique PIN codes, we do not encourage our guests to post images of their tabs on social media until they have redeemed their prize."

Coward said she didn't know the Roll Up the Rim gift card award could be claimed online, nor did she know which of her 900 Facebook friends took the prize.

She said all she wants now is for others to know not to post their winning cups online.

"The main thing is don't post your winning cup and just be careful of what you post because sometimes your friends aren't really your friends," she said. "There's something to be learnt and I've learnt."

Just be careful of what you post (online) because sometimes your friends aren't really your friends.
Margaret Coward

And what does she plan to do with her winnings? Take her husband and three children out for lunch — her treat.
TORSTAR NEWS SERVICE

BLACK HISTORY MONTH

Halifax brewery introduces Obama-inspired beer

Evelyn White smiles after drinking some of Good Robot's Ale to the Chief brew Tuesday, in Halifax, N.S. JEFF HARPER/METRO

A brewery in Halifax, N.S. has poured out a welcome glass for the community in a message to residents that "we're here for you."

Joshua Counsil, co-founder of Good Robot Brewing, said they had decided to make about 40 litres of honey porter inspired by President Obama's homebrew (dubbed Ale to the Chief) to have during an event celebrating Black History Month, considering the prominent history of the area's black community.

Evelyn White, a Good Robot patron and journalist, said she thought the Obama beer was a great idea for celebrating black history, especially since that culture brought her from British Columbia to Halifax in the first place.

Sipping the dark beer, White said the taste was rich with some sweetness, and clearly had some chocolate and malt tones — adding with a smile "Obama and Michelle would be proud."

(Barack) Obama and Michelle would be proud.
Evelyn White

As a self-described child of the 60s and beneficiary of the Civil Rights movement, White said it's "deeply moving" to see a shift towards Obama's presidency and meeting young people like those at Good Robot who "don't harbour the preconceptions about race."

"It's extremely important as these sorts of businesses arise that the owners have some sort of sense of the history here and how easy it is for the people who have grown up here ... to feel that they're being pushed out," White said.

"That they recognize that, I think it's important."

Counsil, originally from the U.S., said he never felt like he had a community before, since he grew up as a "suburbs kid."

"This is the first time I've kind of cared about anywhere I lived," Counsil said.

IN BRIEF

Teen arrested in stabbings
A 14-year-old girl was taken into custody Tuesday after a chaotic scene at a suburban Toronto high school that left six students and two teachers with non-serious injuries. Sgt. Bill Calder of Durham Regional Police said officers were called to Dunbarton High School in Pickering, Ont., in response to reports of a stabbing. Four people were transported to hospital for treatment. THE CANADIAN PRESS

Vancouver big on mobility
Vancouver is on the hunt for a company to design a series of transportable housing units the size of a shipping container, aimed at getting people off the streets. THE CANADIAN PRESS

Gitmo vow by Obama

HUMAN RIGHTS

Time to close site, move detainees to U.S.: President

U.S. President Barack Obama on Tuesday vowed to "once and for all" close the detention centre at Guantanamo Bay, Cuba, and transfer many detainees to a facility in the U.S., submitting a plan short on specifics.

The facility for years has raised legal questions, become a recruitment tool for violent extremists and garnered strong opposition from some allies abroad.

"I don't want to pass this problem onto the next president, whoever it is," Obama said, in an appearance at the White House.

Obama's proposed path to closure remained unclear. It leaves unanswered the question of where in the U.S a new facility would be located and whether it could be completed by the end of Obama's term. Moving detainees to U.S. soil is currently prohibited under U.S. law and lawmakers aren't keen to remove restrictions.

House Speaker Paul Ryan, R-Wis., said Obama had yet to convince Americans that moving detainees to U.S. soil is "smart or safe."

The proposal underscores the administration's strategy of shrinking the population, hoping the massive cost for housing the diminished population would ultimately make closure inevitable.

Under the plan, roughly 35 of the 91 current detainees will be transferred to other countries in the coming months, leaving up to 60 detainees who are either facing trial by military commission or have been determined to be too dangerous to release but are not facing charges.

Those detainees would be relocated to a U.S. facility that could cost up to $475 million to build, but would ultimately be offset by as much as $180 million per year in operating cost savings. The annual operating cost for Guantanamo is $445 million. The U.S. facilities would cost between $265 million and $305 million to operate each year, according to the proposal.

THE ASSOCIATED PRESS

PRO AND CON

Pro: The prison has long been a recruiting tool for militant groups. Holding extremists suspected of violent acts indefinitely without charges or trial sparks anger and dismay among U.S. allies.

Con: As Amnesty International argues, Obama's original vow was seen as a way to end the practice of detaining prisoners indefinitely without charge, not to bring that practice to the U.S.

SCHOOLED IN HOSTILE CONDITIONS

A Palestinian teacher leads a class of Bedouin children from the Abu Anwar community near the Jewish settlement of Maale Adumim, in the background, Monday. Last week, the Israeli Army dismantled prefab classes and homes built with a donation from the French government, forcing children to attend their class outside without any infrastructure.

AHMAD GHARABLI/AFP/GETTY IMAGES

KALAMAZOO, MICH.

Motive behind shootings still unknown

As details emerge about the night that authorities say Jason Dalton has admitted gunning down six randomly chosen victims in and around Kalamazoo — attacks apparently carried out over hours during which he also ferried passengers around town as an Uber driver — any hint as to why remains stubbornly elusive.

Dalton appeared briefly in court by video link and was charged with six counts of murder, which carry a mandatory life sentence. A judge denied bail for the 45-year-old former insurance adjuster, who Kalamazoo police Det. Cory Ghiringhelli told the court had admitted to investigators "that he took people's lives."

The admission seemed only to deepen the mystery of what was behind the killings of six people with no apparent connection to the gunman.

"This is a terrible moment in the community. We face violence like any other community does but nothing on this scale," said Kalamazoo County prosecutor Jeff Getting. "We've lost six people, we have a 14-year-old girl clinging to life, we have another victim who is recovering, thankfully, ... we have a high school that's lost a classmate.

"And no one understands why it happened."

Uber said Dalton passed a background check and became a driver on Jan. 25. He had given about 100 rides, the company said. THE ASSOCIATED PRESS

Jason Dalton AFP/GETTY IMAGES

HUMAN RIGHTS ISSUES

Italy opts not to let gays adopt children

Bowing to fierce opposition, Italy's Premier Matteo Renzi will drop a proposed measure that would have let gays adopt the biological children of their partners.

A Democratic Party official, Lorenzo Guerini, said party senators at an assembly Tuesday decided it was best to remove the heavily contested adoption language from the proposed law to allow civil unions, but not marriage, for homosexual couples.

Such unions would carry benefits like receiving deceased partners' pensions.

Pro-Vatican lawmakers in Renzi's party, as well as a key coalition centre-right partner, had vowed to vote against the bill unless the adoption provision was jettisoned.

> **"It's better to do a little piece now."**
> Premier Matteo Renzi on compromising

"Between 'everything never' and 'nothing today,' it's better to do a little piece now" of the family law reforms, Renzi said in a radio interview ahead of the Democrats' discussion on strategy to overcome an impasse in the Senate.

Renzi said he hoped the Senate would approve the revamped bill later this week. The bill also needs to pass in the lower Chamber of Deputies.

THE ASSOCIATED PRESS

EUROPEAN UNION

Calais eviction deadline nears

Belgium temporarily imposed border controls Tuesday to fend off a feared wave of migrants as a French court pondered whether to allow the evacuation of a muddy, makeshift migrant camp in Calais.

The approximately 4,000 migrants in the sprawling camp, who all want to sneak across the English Channel to Britain, were facing an expulsion order to leave by Tuesday night or face a forced evacuation.

French authorities announced Feb. 12 that the huge southern swath of the camp on the edge of Calais must be razed. The state says up to 1,000 migrants live there but advocates put the number at more than 3,000, including hundreds of children.

French officials say the migrants must move either to heated containers installed last month behind the camp or to centres around France and rethink plans to get to Britain.

The Calais ferry port and the Eurotunnel rail service there makes the city an ideal point for entering Britain covertly. But tightened security has forced migrants to hitch rides on trucks along the coast, or cross the border to the Belgian port of Zeebrugge.

But Belgian Interior Minister Jan Jambon said his nation told the European Union it will temporarily impose border controls, making sure no migrant camps are set up in Belgium.

THE ASSOCIATED PRESS

Migrants challenge court-ordered eviction in Calais.
AFP/GETTY IMAGES

IN BRIEF

Zookeepers' love triangle spat ends up in court

A former meerkat expert at London Zoo was cleared Tuesday of assaulting a monkey handler in a love spat over a llama-keeper.

Two High Court judges said Tuesday that Caroline Westlake had not "recklessly" injured Kate Sanders. In October a lower court found Westlake, 30, guilty of assaulting Sanders, who suffered a cut cheek from a glass after the women argued at a zoo Christmas party.

Both had dated colleague Adam Davies. Westminster Magistrates' Court found she had struck Sanders "recklessly but not intentionally."

THE ASSOCIATED PRESS

Driving the blood faster

HEALTH

Toyota helps organization improve its workflow

When Canadians talk about ways to improve the country's health care, it's usually Swedish hospitals or U.K. regulations used as examples.

But it's the assembly lines of Japan that are proving to be the unlikely role model for how Canada can get donated blood to hospitals faster.

Toyota Canada is teaching the Canadian Blood Services (CBS) about the philosophy behind its manufacturing, and how the blood services packs, processes and ships the blood at its distribution centres.

So far, the process has saved CBS an hour at its Brampton, Ont., manufacturing and distribution centre, the largest one of nine in Canada. That hour is crucial time when it involves patients in need of a blood transfusion, Rick Prinzen, chief supply chain officer for CBS, said.

"These are life-saving products, so you can imagine in an ER setting where they need the product immediately, that hour can make a big difference," Prinzen said.

Toyota Canada is revamping the Canadian Blood Services distribution centre in Brampton, Ont., to make their blood screening and processing more efficient. TORSTAR NEWS SERVICE

Driving the change is the Toyota Production System, which the company regularly teaches to non-profits and small businesses. Canadian Blood Services is the latest big recipient.

The system is part philosophy, part supply-chain technique, and focuses on small improvements such as the number of steps employees make, in order to make a production more efficient.

Apart from saving lives, time is also crucial when some of the products CBS produces go bad very quickly. Blood platelets, for example, have a shelf life of five days, and must be moved constantly to prevent clumping.

The Brampton centre supplies 105 hospitals, including all the major ones in Toronto. Many of those hospitals have major trauma centres, which are constantly in need of blood. The centre in Brampton alone delivers about 57,500 litres of plasma protein products each year, according to the CBS.

"(Hospital) supplies may not be sufficient to deal with that trauma event. So they need replenishment within hours," Prinzen said.

Maura Smith, general manager of Toyota Production System Support Centre, the not-for-profit that helps other businesses and charities learn the Toyota Production system, said Toyota's aim is to let CBS figure out the process for themselves.

"We don't want to come in and tell them what to do or make changes. We want to develop their skills so they can own it and spread it throughout their organization," Smith said.

The Brampton site has been working with Toyota since early 2015, and Smith said she expects they'll work together for another nine months.

"This is the largest site in the network, it's more than double the size of any other site.... When we've stabilized the improvements here, we'll deploy them to other sites," she said. TORSTAR NEWS SERVICE

TOYOTA PROCESS

Walking distance
Toyota rearranged the CBS workspace so each blood pack moved in a circle from beginning to end, cutting the number of employees' steps by 30 per cent.

Packing
The distribution area was revamped so problems are more visible, discouraging things like using another employee's printer, and speeding up the process by 40 per cent.

Ice time
The storage system was standardized, so blood packs go into the same area in each freezer to save time.

55%
The percentage of a single blood donation that turns into plasma, which is usually used in blood transfusions.

127K
The size, in square feet, of the Canadian Blood Services manufacturing site in Brampton, Ont.

332
The number of employees at the Brampton manufacturing site.

57K
The amount of blood plasma protein products shipped from the Brampton site each year is about 57, 500 litres.

FOOD

Produce box companies think local

Fresh fruit and vegetable prices may be climbing at a rapid rate, but the costs of food delivery box subscriptions are holding steady as economic and weather forces align to make local food a better deal.

"You haven't seen the increased prices on local foods, locally produced foods in the way you have for imports," said Ran Goel, who founded the Greater Toronto Area's Fresh City Farms in 2011.

Fresh City Farms is one of many food box subscription companies to offer regular deliveries of pre-selected or customized produce.

In January, food costs for Canadian households were four per cent higher than they were at the same time a year earlier, according to Statistics Canada's latest consumer price index. Fruits and vegetables fuelled the hike, rising by 12.9 and 18.2 per cent respectively.

Fresh City Farms packs its produce bags with an average 70 per cent locally grown food over the year.

ISTOCK

For example, the company's boxes include potatoes — Ontario's largest fresh vegetable crop, according to the Ontario Potato Board. The humble spud actually cost 5.4 per cent less last month than in January 2015, according to Statistics Canada. THE CANADIAN PRESS

market minute

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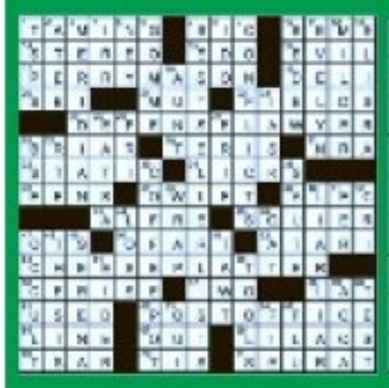

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5	4	6	9	2	1	3	8	7
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metro VIEWS
Your essential daily news
Wednesday, February 24, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I've been happily married for three years. My wife has no problem telling everyone we met online, but I don't feel comfortable revealing that. I don't think people should ask. What do you think?

Dear Ellen,
I have been happily married for three years and my wife and I are now the happy parents of a two-year-old girl. My question is about what to tell people when they ask how we met. My wife has no problem telling everyone that we met online, but I don't feel comfortable revealing that. I don't think people should ask. What do you think?
Name withheld, Ottawa

Dear Sir or Madam,

I'm wondering if you're somewhat older than your wife, or from a generation that didn't grow up online. I've noticed a lot of people over a certain age find the idea of Internet dating faintly embarrassing, if not downright humiliating.

After researching the issue with a small focus group (consisting of me and a co-operative woman at the next table in the café where I'm writing this), my conclusion is that older grown-ups don't want to publicly advertise they're looking, in case they appear desperate; or an online predator seduces them and then cleans out their bank account; or, even worse, an old flame they still want to make jealous finds out they're pathetically scouring cyberspace in search of love.

Personally, I think young people have a more sensible approach. They're not afraid to use social media to meet their various needs. And there's no shame in acknowledging you want to share your life with someone special, so why not use every resource available to make it happen?

I can't agree with you that people shouldn't ask how you met your beloved wife.

The only downside of Internet dating I can see is that it's so labour-intensive. Even with an instant-gratification app like Tinder, where you don't have to fill out miles of questionnaires, the ratio of swiping activity to meeting-the-love-of-your-life activity is astronomical. And, let's face it, you never really know if it's going to work until you're close enough to smell the person.

Nevertheless, online mate-finding works for many, as you, my anonymous friend, are aware.

I may be wrong about your age. You might be a sprightly 25-year-old who simply doesn't care to share your Internet history with anyone who asks. But I can't agree with you that people shouldn't be allowed to ask how you met your beloved wife. It's a perfectly polite question. In fact, it's the one question that's bound to reveal what's most interesting about you, or anyone.

The story of how people fall in and out of love (the true kind, not the lust kind) is the basis of most art, literature and music for a reason — it's an endlessly fascinating mystery. Rationally speaking, it often makes no sense. Emotionally, it's the grand unified theory of everything.

I sympathize with your self-consciousness, but if you can think it through and figure out exactly what's bugging you about it, you might feel more comfortable talking about it. And the more you talk about it (within reason and to a voluntary audience, please), the less self-conscious you'll become — as well as more conscious of all the good stuff.

Something special must have initially grabbed you about your wife's posting. I wonder how many or few other candidates you had to wade through to get to each other. What did you do on your first date, and how did those first impressions of each other compare to how well you know each other now? I know that on some level you must be grateful to the Internet for leading you to being the parent of a little girl.

By the time your daughter is old enough to be curious, you will surely have a wonderful romantic tale of your own to share with her.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD
metroview

Lives are ruined as we wait for indigenous incarceration reform

The Liberals, so far, are a stick-to-it government.

Removing fighter planes from Syria, as they promised. Taking on a $30-billion deficit to keep their spending promises. Launching a missing and murdered indigenous women inquiry, as promised.

That last one is an important part of a revision of the federal government's relationship to indigenous Canadians. But there is another equally important part: reducing incarceration rates among the country's indigenous people.

This was, according to the Supreme Court, a "sad and pressing problem" back in 1999, when the court ruled in R. v. Gladue that judges must take indigenous people's history into account when sentencing, and seek "all available sanctions other than imprisonment that are reasonable."

Twenty-five years later, the stark incarceration rates have only become starker , while white Canadians' incarceration rates fall. A recent Maclean's investigation into the phenomenon declared Canada's prisons the "new residential schools," finding that Canada jails indigenous Canadians at a greater rate than South Africa incarcerated blacks during apartheid.

Just last week, Quebec's ombudsman concluded an "over-reliance on the courts and the resulting incarceration does nothing to solve social problems," in a damning report into the treatment of Inuit in detention centres. It called for greater crime prevention, social reintegration and alternatives to courts.

Howard Sapers, the Correctional Investigator of Canada, deemed the report "disturbing." That's coming from someone who's spent years calling on the government to address the high rates of indigenous incarceration, in particular among indigenous women inmates, who now make up 35 per cent of the female prison population.

The application of the Gladue ruling has been "uneven," he noted, and while Correctional Services of Canada has conducted training and "is probably getting better," it's still been "too slow."

Indeed. Indigenous Canadians are five per cent of the population, and if courts were making best efforts to find alternative sentences, they wouldn't be one-quarter to one-third of all prisoners.

Sapers is "encouraged" by the Liberals' statements on the issue. There's also the important fact that Jody Wilson-Raybould, an indigenous woman, is the justice minister.

We can, then, hope this decades-old problem will be meaningfully addressed. That promises for reform will be kept. As witnessed by the Maclean's article, and in so many other places: Lives are being ruined while the country waits.

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Looking for low-risk options?

NEST EGG

Some tips for investing in a volatile market

Michelle Williams

Worried about market volatility? There are options out there for the cautious investor. ISTOCK

In today's unpredictable financial market, investors are finding low-risk investments hard to come by.

"It's a tough time for investors right now due to low interest rates," says Jane Anderson, certified financial planner with Investment Planning Counsel. "If you're looking for low risk, your options are limited to high-interest savings accounts and GICs, and if invested outside of an RSP, not only are you earning low interest, you're also paying on the interest earned at your marginal tax rate. Considering inflation of up to three per cent per year, you're probably looking at a negative return on your investment."

While stocks are generally considered higher risk for higher reward, until not too long ago, some stocks were safer choices for cautious investors.

"Bank stocks are a prime example of stocks that were always considered quite safe, but today, nothing is risk-free," says Ron Dale, partner at Bongard Dale Fried Chartered Accountants.

And there's the crux — as investors shy away from the volatility in the stock market, the investment options are very limited. However, if you recognize your return will be limited, there are still products for the cautious investor.

Guaranteed investment certificates (GICs)

These are one choice for risk-averse Canadians. It's a guaranteed rate of return over a fixed period of time and the rate varies depending on the length of the term and interest rates when you purchase.

"GICs grow at different rates depending on how long you want to lock them in for," explains Dale. "A five-year commitment will get about three per cent growth, but if the market improves, you're locked into low interest rates. These days, some investors are looking at locking in for a year at a time."

High-interest savings accounts (HISAs)

These are savings accounts with competitive interest rates, but often with bank fees or minimums.

"If you need money in a pinch, you may be able to take it out penalty-free. Unlike GICs where often you forfeit interest if you cash in early, interest on your HISA is calculated daily," says Anderson. "They're the best choice right now for investors requiring flexibility and capital preservation."

Canada Savings Bonds

These come with very low interest and aren't as popular as they once were. "It's a guaranteed investment in the country, so it's seen as very safe, but the interest is extremely low, even when you take it for a longer term," says Anderson.

Risk vs. return

GICs and HISAs are low-risk options, but they also generate very low return on your investment.

"If you're making RSP contributions and you invest the money into GICs and HISAs, you've chosen the lowest risk but least rewarding options," explains Dale. "However, some people in this unstable market are just happy to maintain their investment and get the RSP tax deduction. It has to be what works best for you."

Those who are investing with a longer time horizon (10 years or more) may wish to invest in some of the more stable stocks and bonds.

"There's certainly no guarantee that these investments won't lose value from time to time and you may have to wait through the down times," says Anderson. "But if you have a long-term investment horizon, even those with low risk tolerance could explore an appropriate asset allocation strategy, including stocks and bonds."

Dale's advice for those looking for the safe option: "This may be a good time to buy RSPs and wait with them in low-risk short-term investments until the market corrects."

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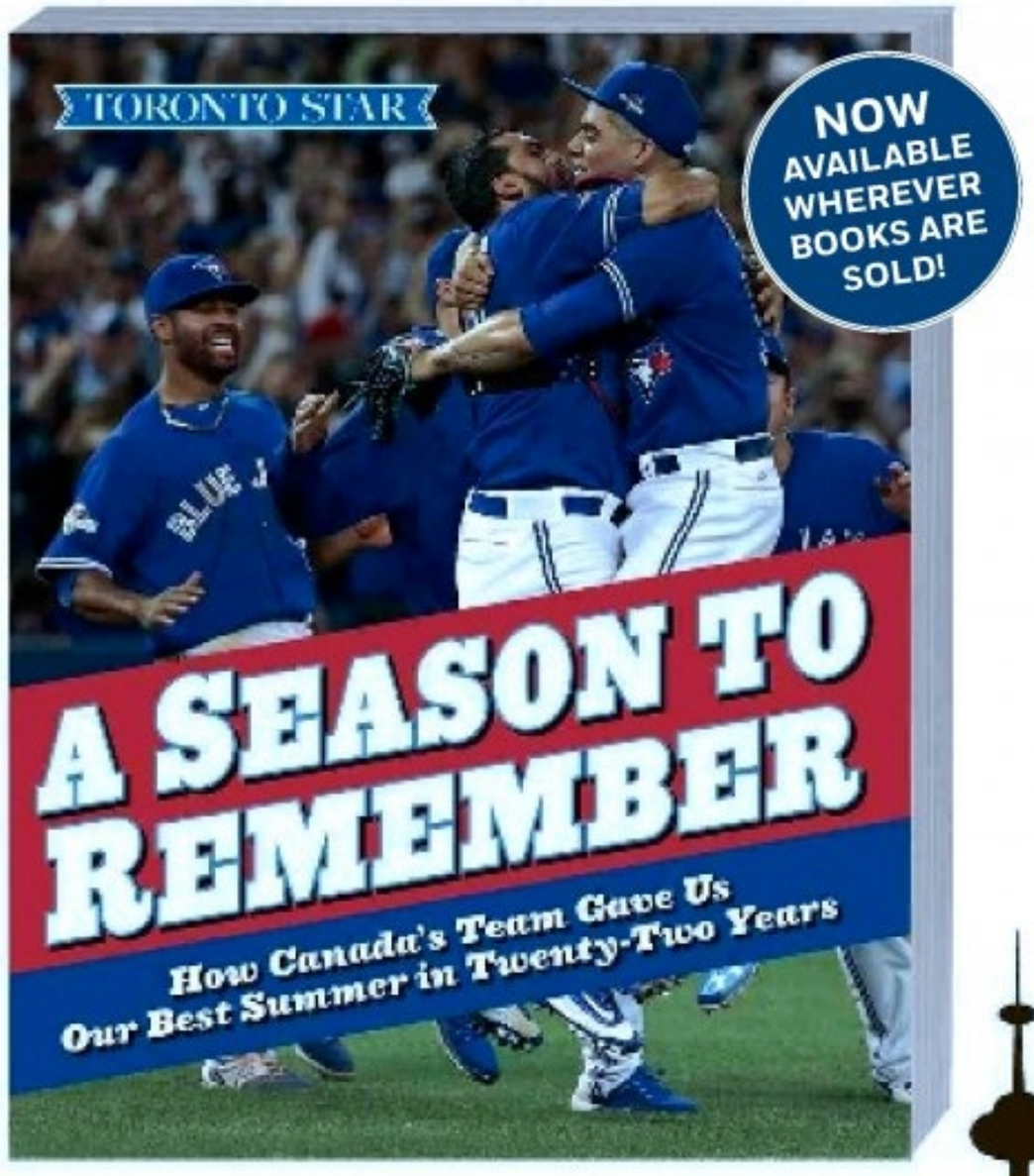

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metro LIFE

Your essential daily news

Empire to stop airing on Canadian network City, will stream on Shomi

Apps fit for red carpet noshing

Forget the party mix, these bacon-toasted pecans will add a touch of class to your Oscar party. THE ASSOCIATED PRESS

RECIPE

Bacon-toasted nuts

Don't even think about serving that old classic "party mix" at your Oscars party.

This isn't an eight-year-old's birthday party. This is red carpet material, even if it's in your living room. So it's time to class up your party mix act.

And with this recipe for spiced bacon pecans, you'll have no trouble. We start with bacon because, well, because all good things start with bacon.

Once the bacon is nice and crispy, all you have to do is toss in some pecans and a whole mess of seasonings. A bit of brown sugar ties it all together.

Spiced Bacon Pecans
Start to finish: 15 minutes
Makes 2 1/2 cups

Ingredients
- 4 strips bacon, diced
- 2 cups pecan halves
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cayenne
- 1/2 teaspoon flaked salt
- 1/2 teaspoon ground black pepper
- 3 tablespoons brown sugar

Directions
1. Line a rimmed baking sheet with kitchen parchment.

2. In a large skillet over medium heat, cook the bacon until almost crispy.

3. Add the pecans and toss to coat thoroughly, then cook, stirring frequently, until evenly toasted, 2 to 3 minutes.

4. In a small bowl, combine the cinnamon, cayenne, salt, pepper and brown sugar. Toss with the bacon and pecans and cook for another minute.

5. Spread out on the prepared baking sheet and allow to cool fully. Store in an airtight container at room temperature.

THE ASSOCIATED PRESS

SUBSTITUTION
Not a fan of pecans? Try bacon toasted peanuts, cashews or walnuts instead.

RECIPE

Bread-based tartlets carry a Hollywood healthy salad

THE OSCARS

Finger food can be tricky for the healthy eater. Tiny bites that explode with flavour often are loaded with empty calories and little nutrition.

If you're not paying attention at a party, you can easily inhale a day's worth of calories, just because, well, you're hungry. But what if we made finger food a little healthier? That's what this Oscar recipe is — a salad stuffed with protein and veggies, but turned portable thanks to a little secret for making a better-for-you crispy tart crust.

Compared to a butter- or shortening-filled pie crust, a simple slice of white bread is a great compromise. White bread squished flat until doughy, then sprayed lightly with olive oil and baked in a muffin tin makes an amazing crust.

So try these salade nicoise tartlets, then feel free to make these tartlet crusts your own. A fun idea: use coconut oil instead of olive oil and fill with something sweet, such as berries and chopped mint.

Salade Nicoise Tartlets
Start to finish: 45 minutes
Makes 10 tartlets

Ingredients
- 10 slices of white sandwich bread, crusts removed
- Olive oil cooking spray
- Kosher salt and ground black pepper
- 1 teaspoon Dijon mustard
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 teaspoon chopped fresh thyme
- 10 small cherry tomatoes, quartered
- 1 cup chopped romaine lettuce
- 1/4 pound thin green beans, steamed to crisp-tender and roughly chopped
- 5 small new or baby potatoes, cooked and thinly sliced
- 5-ounce can oil-packed tuna, drained
- 2 hardboiled eggs, chopped
- 2 tablespoons chopped marinated olives
- 1 tablespoon chopped fresh chives

Directions
1. Heat the oven to 375 F.

2. Use a rolling pin to flatten the bread slices until doughy and thin. Spritz both sides of each slice with olive oil cooking spray, then sprinkle light with salt and pepper.

3. Press each slice into a muffin tin cup. Bake until golden, about 13 minutes. Remove the bread cups from the pan, then set aside to cool on a rack.

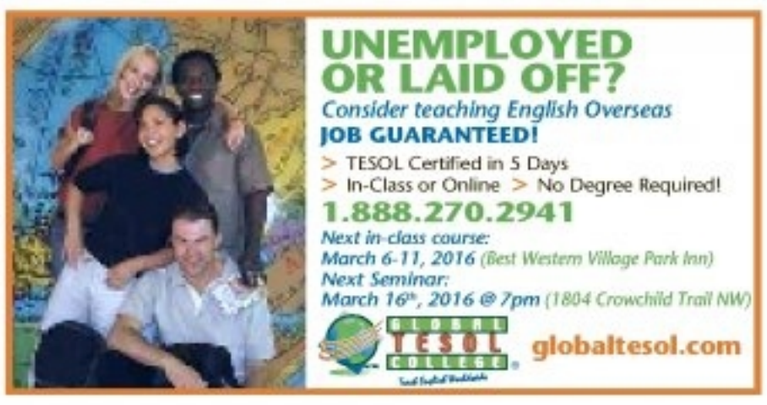
4. Meanwhile, prepare the salad. In a medium bowl, whisk together the mustard, red wine vinegar and lemon juice. Drizzle in the olive oil, whisking into a vinaigrette. Add the thyme and season with salt and pepper.

5. Set aside half of the vinaigrette to use later. Add the tomatoes, lettuce and green beans to the remaining dressing and toss to coat.

6. Once the tartlet crusts are cooled, layer the sliced potatoes on the bottom of each cup. Top the potatoes with the tomato mixture, then the crumbled eggs, tuna, chopped olives and chives. Finish each with a drizzle of dressing over the top.

These Salade Nicoise Tartlets are only 220 calories each. THE ASSOCIATED PRESS

Nutrition information per tartlet: 220 calories; 60 calories from fat (27 per cent of total calories); 7 g fat (1.5 g saturated; 0 g trans fats); 45 mg cholesterol; 320 mg sodium; 32 g carbohydrate; 3 g fiber; 4 g sugar; 9 g protein. THE ASSOCIATED PRESS



When in doubt, make cupcakes

Prairie Girl Bakery owner Jean Blacklock says the secret to baking a good cupcake is letting the butter and eggs warm to room temperature before mixing in the batter. THE CANADIAN PRESS

RECIPE

A master baker shares her secrets for the perfect treat

Toronto's Prairie Girl Bakery owner Jean Blacklock is adamant her confections be baked from scratch using fresh eggs, good-quality chocolate and salted butter, not shortening. "Shortening is very much cheaper, but it has a really different texture and cheaper baked goods use it, but I think it's a real trade-away.

"It gives you an odd mouth feel and not the same flavour as butter," she says. "Either way it's going to be the same calories, that's what I always think.... I'd rather have something that tastes great."

In her new book, The Prairie Girl Cupcake Cookbook, she offers 50 recipes for cupcakes and icings, along with tips and tricks to get the best results. "On a real practical basis, one of the keys to success that I find in terms of baking is to try to bring your ingredients to room temperature especially something like butter," says Blacklock.

"I find even eggs, out of the fridge an hour just to help the whole batter come together and incorporate, is a little tip."

Blacklock's recipes can be used to make three different cupcake sizes. You can make 36 minis, just enough for a sweet indulgence, 18 regular size cupcakes or 12 large Prairie Girl-size treats.

The first two sizes require two pans if baking the entire batch at the same time, while the Prairie Girl-size cupcakes are made in crown muffin pans, available at specialty kitchen and restaurant supply stores or online.

For icing, a piping bag and star tip are used at the bakery, but at home a table knife and offset spatula will work.

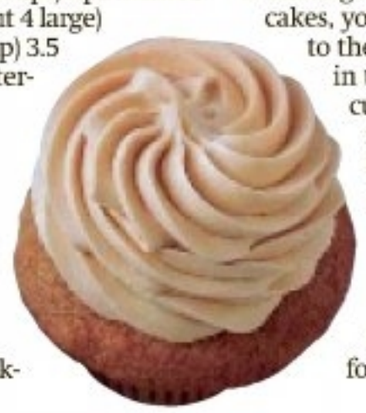
Here are some recipes from The Prairie Girl Cupcake Cookbook to try at home:

Banana Cupcakes

Makes 36 minis, 18 regulars or 12 Prairie Girl-size cupcakes.

Ingredients

- 500 ml (2 cups) all-purpose flour
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 6 ml (1 1/4 tsp) ground cinnamon
- 2 ml (1/2 tsp) ground nutmeg
- 175 ml (3/4 cup) white sugar
- 125 ml (1/2 cup) salted butter, room temperature
- 5 ml (1 tsp) vanilla extract
- 2 eggs
- 375 ml (1 1/2 cups) ripe mashed bananas (about 4 large)
- 250 ml (1 cup) 3.5 per cent buttermilk



Directions

1. Preheat oven to 180 C (350 F).

2. In a medium bowl, combine flour, baking powder, baking soda, salt and spices and whisk together. Set aside.

3. Using a stand mixer fitted with whisk attachment and set on medium-high speed, cream sugar, butter and vanilla until fluffy, about 8 minutes. Stop mixer twice during that time to scrape down sides of bowl.

4. One at a time while mixer is on medium speed, add eggs. Beat for an additional minute or until fully blended.

5. Stop mixer and add mashed bananas. Mix on low speed for 1 minute, scraping down sides of bowl once. The mixture will look curdled.

6. Remove bowl from mixer and, using a wooden spoon, alternately add in flour mixture and buttermilk. Begin and end with flour mixture, and make sure not to overbeat batter.

7. Place cupcake liners in cupcake pan(s). Using a large spoon, divide batter equally among the liners. If making mini or regular cupcakes, fill each liner three-quarters full. If making Prairie Girl-size cupcakes, you can fill each liner to the top (the "crown" in the pan allows the cupcakes to rise and not overflow).

8. Bake in preheated oven for 11 to 12 minutes for mini cupcakes, 15 to 16 minutes for the regular size or 18 to 19 minutes for Prairie Girl-size cupcakes. When done, cupcakes will be rounded and tops will spring back when lightly touched. If there is a raw circle in the centre, the cupcakes likely need a minute or two of additional baking time.

9. Let cupcakes cool in pan(s) for 10 minutes until they can be easily removed to a rack. Let cupcakes cool completely on the rack before icing.

Strawberry icing

- 375 ml (1 1/2 cups) salted butter, room temperature
- 175 g (6 oz) brick-style cream cheese, room temperature (3/4 of a 250-g package)
- 75 ml (1/3 cup) powdered freeze-dried strawberries
- 30 ml (2 tbsp) whipping cream (35 per cent fat)
- 10 ml (2 tsp) vanilla extract
- 1.5 l (6 cups) icing sugar

Directions

1. In bowl of a stand mixer, place butter, cream cheese, strawberries, cream, vanilla and 750 ml (3 cups) of the icing sugar. Using whisk attachment, beat on low speed until all ingredients are combined, about 3 minutes. Stop mixer twice to scrape down sides of bowl with a rubber scraper.

2. With mixer on medium speed, add remaining icing sugar 250 ml (1 cup) at a time. Stop mixer twice to scrape down sides of bowl, folding from bottom until everything is blended. This should take about 5 minutes in total.

3. Increase speed to medium-high and beat icing for an additional 4 minutes.

4. Frost or pipe icing onto cupcakes. THE CANADIAN PRESS

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THIS WEEK: Breakfast-on-the-go

Greek yogurt, fruit and a crunchy topping sounds like a well-rounded, tasty breakfast but grabbing it on the go can give you a sugar rush.

PICK THIS

Blueberry Oikos Greek Yogurt (served with 1 tsp pumpkin seeds)

Calories 120
Fat 3.5 g
Sugars 10 g
Protein 9 g

SKIP THIS

Tim Hortons Vanilla Greek Yogurt with Mixed Berries and Almond Granola

Calories 270
Fat 5 g
Sugar 25 g
Protein 13 g

HERE'S WHY

Equivalent to 5 Nature Valley Berry Granola Bars in sugar

You've heard the old adage — breakfast is the most important meal of the day. Starting the day with Greek yogurt, fruit and granola sounds like a balanced mix of protein, fruits and carbohydrates, but the versions found at breakfast spots like Tim Hortons contain excess sugar from the granola. Oikos makes a fruit-flavoured yogurt — add a sprinkle of seeds or nuts to replace the crunchiness of the granola and save in calories, fat and sugar.

100 MEAL JOURNEY

Take small steps to change your diet

Do you favour soft drinks over water or indulge in salty snacks during that afternoon slump at work? Maybe your serving sizes are too large? Or perhaps you don't eat breakfast or enough vegetables.

Dietitians of Canada is encouraging Canadians to take a small step toward better health during this year's annual Nutrition Month in March by picking an area to improve and making changes one meal at a time.

The group is calling the 2016 campaign "Take a 100 Meal Journey" because it's estimated Canadians will eat about 100 meals during the month, and can be well on the way to establishing a habit in that length of time.

"If you break a change into smaller goals and practise it over, say, the next 100 meals, then you don't need to focus on making big changes all at once and you can certainly focus your efforts on making small manageable changes and hope that they stick in the long run," says registered dietitian Amanda O'Brien, who's based in St. John's, N.L.

One area people may want to improve upon is to cook more meals at home and increase their intake of fruits and vegetables while decreasing the amount of processed foods they eat, says O'Brien.

Once you have a goal, post it where you'll see it regularly. Tell friends and family about your pledge. Then banish foods like cookies, crackers and ice cream that you go to in weak moments.

"Stock your fridge full of eggs, fruits, vegetables, milk, yogurt, cheese," suggests Steele.

"Buy those whole grains, bulgur, barley or quinoa or oats you need to make healthy grain choices. Have the legumes like lentils and tins of chickpeas, kidney beans ready in your cupboard so when you start to make these changes in your diet you've got those foods ready and available to use."

Reducing serving sizes might be another goal, Steele says. Don't nibble while preparing a meal, she adds. And put your fork down between bites and sit tight before taking a second serving.

"It can take some time for the messages to get from your stomach to your brain, at least 15 minutes for some people. Having foods that are more filling — so eating more vegetables that have a lot of fibre in them and whole grains — leads to a feeling of fullness," says Steele.

"But also having protein in your meals can make your energy last longer and be more satisfying and satiating."

THE CANADIAN PRESS

DRINK PICK

Portuguese red delivers tasty new-wave flavours

Portugal flies so far under the radar of most wine drinkers that, unless you're Portuguese, it barely registers. With fortified port, Vinho Verde whites and Mateus rosé its stock in trade, Portugal comes across as more of a novelty act than a "serious" winemaker.

That's why its tasty reds top my list as the most undiscovered wines on liquor store shelves. They offer appealing new-wave flavours (that give Italian reds a run for their drinkability) at very reasonable prices.

First produced in 1850, José Maria da Fonseca Periquita Original ($7.79 -$12.49) was Portugal's first branded wine.

The 2013 vintage, made from a blend of Castelão, Trincadeira and Aragonês, is a smooth, lightly tannic mix of wild dark berries.

Try with meaty pasta dishes, beef stew and grilled chicken.

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL/ METRO

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JOHANNA SCHNELLER WHAT I'M WATCHING

Getting their panties in a selfie

THE AD CAMPAIGN: MTV and U by Kotex team up to Save the Undies (MTV, Much, E! and VEVO)
THE MOMENT: The Undie Waving

Maripier Morin in a U by Kotex ad. YOUTUBE SCREENGRAB

In four one-minute spots, attractive young women stand in a dressing room, answer questions about their periods, and take duck-face selfies with their panties. Seriously.

Maripier Morin, identified as "Montreal It Girl," reveals that she wears different types of panties for work and sleep (gasp!). Etalk reporter Liz Trinnear announces that, when she's on her period, "If I want that chocolate, I'm going to eat that chocolate." She also debunks the myth that one shouldn't dye one's hair during "that time." "I talked to my hairdresser about this last night!" she cries passionately.

The Baker Twins, ID'ed as "Much Digital Studios creators," confide that they wish someone had taught them to use a tampon. Tasha Leelyn, also a Digital Studios creator, proclaims that her "period spirit animal" is a tiger, and advises, "Be proud of your undies. It's part of being a girl."

Is this campaign a healthy embrace of female biology, or the ultimate end point of narcissism? Do we really need to fetishize every single thing that happens to us? What's next, Airwick celebrates breathing with its "You breathe, girl!" campaign?

In the text that accompanies these ads on MTV's website, a Kimblerly Clark spokeswoman avers, "Women across Canada lose millions of pairs of underwear each year due to failed period protection" — a sentence so solemn, it's almost parody. Infomercials like these seek to erase the line between telling us something and selling us something, leaving only a faint, rusty stain to remind us it was ever there.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Katie Holmes and Luke Kirby star in director Paul Dalio's Touched with Fire. CONTRIBUTED

Film as metaphor for creator's story

TOUCHED WITH FIRE

Paul Dalio uses film to explore beauty, horror of being bipolar

Richard Crouse
For Metro Canada

Touched with Fire stars Katie Holmes and Luke Kirby as two poets with bipolar disorder. It's the work of Paul Dalio who wrote the screenplay, directed, edited and even wrote the musical score.

"The film was kind of a metaphor for my story," he says. "It was my struggle to come to terms with all this beauty that I found in this thing and all this horror I found in this thing. And how you reconcile that. It took the form of these two lovers who each represented a different aspect of it. As these two lovers pursue their love it goes back and forth between agony and ecstasy. They have to come to terms with it."

Dalio's issues with mental health began when he was in his undergrad years for Dramatic Writing at New York University.

He describes breaking into a "hypomanic state when I was experimenting with marijuana," which he used as a "creative catalyst."

"I didn't know at the time if you have the bipolar gene and you smoke marijuana it actually pushes your mind into a hypomanic state," he says. "It makes you temporarily more creative with a quicker mind. At first it was thrilling. It got to the point where my fingers couldn't keep up with my mind. I had to use a voice recorder. Then my thoughts started overlapping and my mind couldn't keep up with my thoughts. I would go for runs with the voice recorder to try and speed my mind up to keep up with these overlapping thoughts."

"For a while my professors started to really praise my work, saying it was brilliant, which they never had before. I felt like I was tapping into some kind of divine illumination. I started to think I was experiencing God. Visions from God."

Soon the creativity that once seemed like a gift "took the form of a demon that was inside of me. Possessing me, laughing at me and my mistakes."

Dalio spent four years gripped by suicidal thoughts and manic behaviour until realizing, "I couldn't put my family through that anymore so I had to resign myself to living numb on medication and just getting by."

A meeting with author Kay Redfield Jamison whose book Exuberance: The Passion for Life explores the mind's pathologies convinced him that he could live and work creatively on his medication.

"She said she experiences exuberance all the time and I absolutely will if I am patient. She also said she doesn't know one artist who isn't more creative after bipolar than before bipolar as long as they are on the meds. It changed everything. It gave me hope. I had something to fight for then."

SANITY/LOVE

Seed of the film is sown
Director Paul Dalio and his wife cinematographer/producer Kristina Nikolova were in Bulgaria nearing the end of production on her movie Faith, Love and Whiskey. She asked him to write a story for her to direct and as she remembers he said, "How about two crazy people meeting in a psychiatric hospital and they have to basically choose between sanity and love?" She said, "Wow, that's a great idea, but it's your story."

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Feisty and smart

REVIEW

Think less cute, more punk for 2016

Mike Goetz
For Metro

Virtually every time a nameplate gets a major design overhaul, it gets a little bigger.

Not the smart. Ever since its initial introduction back in '98, Mercedes-Benz has heard people constantly question why anybody would need a car this small. But this never seemed to detract from the commitment Mercedes-Benz has had, and continues to have, for smart's tiny-car format.

This third-generation version debuting for model-year 2016 is still only 2.69 metres long. Of course, it is designed to thrive in congested cites, where parking is at a premium, and priced by the foot. Canadian urban centres are not yet so packed, so going with the smart would seem more of a lifestyle choice.

There is no denying this is a very economical, green, and "short" way to stand out from the crowd. If you've always been intrigued by smart, and those unique suite of attributes, the 2016 model represents a great time to jump on the smart train.

For one thing, it now has an automatic transmission (a dual-clutch type) that actually feels like a regular automatic. The previous one was famously jerky.

For another, overall on-road refinement is way up. For a car with such a small wheelbase, and such a small overachieving three-cylinder engine, it feels remarkably stable, comfortable, and free of vibration. Only when the pavement gets really rough does the little car feel a bit jittery.

Performance is more than adequate. I don't know if it's just me, but I've always looked forward to jumping into a smart. Turning is quick and it boots around town in a merry way, which always seems to put a smile on my face. I also like how the styling has evolved to match its now feistier demeanour. The interior continues past themes of pod-like elements, and funky colour combinations. Our tester had an orange interior. Some hard plastic bits will remind you that this is not a luxury car, but what other car can give you an orange option for the interior?

While an infotainment screen is optional on high trim lines, the smart acknowledges and leverages the reality that a lot of potential buyers are now heavily invested in their smartphones, and would rather use them for infotainment purposes.

As such, smart provides a great smartphone cradle, which positions devices exactly where an in-car screen would go.

While cargo capacity has increased, it remains relatively minuscule — think carry on. This lack of utility, combined with seating for only two, keeps smart off the shopping list of a lot of consumers.

But no other car looks like — inside and out — or drives like, the smart fortwo. It's a singular experience, and a fun and economical one to boot.

Long live the tiny smart fortwo.

THE CHECKLIST

2016 SMART FORTWO

THE BASICS

- **Type.** Two-door, two-passenger, RWD, rear-engine, microcar
- **Power.** Twin-turbo, 900-cc, 89-hp, inline three-cylinder
- **Transmission.** Five-speed manual, Six-speed dual-clutch automatic
- **Price.** Base $17,300 (plus destination)

MAIN: GETTY IMAGES, INTERIOR: MIKE GOETZ/FOR METRO, OTHERS HANDOUT

THE COMPETITION

Chevrolet Spark
Base Price: $11,595

Fiat 500
Base price: $18,995

MAIN IMAGE ISTOCK ALL OTHER TEXT AND IMAGES WHEELBASE MEDIA

GM chases wind power

THE GREEN ANGLE
Metro's weekly picks for the latest in environmental news

WIND FARM

General Motors invests in renewable energy

General Motors is buying energy from windmills to power the production of some of its biggest tall wagons at a factory in Texas, reports industry watchdog, Automotive News.

The automaker is buying 30 megawatts of energy from a local wind farm operated by a Spanish renewable-energy company.

"Our commitment to sustainable manufacturing processes is one way we serve and improve the communities in which we work and live," Jim DeLuca, GM's executive vice president of global manufacturing, said in a statement.

"Using more renewable energy to power our plants helps us reduce costs, minimize risk and leave a smaller carbon footprint."

INVESTMENTS

Ford focuses on electrification

The Detroit-based automaker will plow $4.5 billion US into its vehicle-electrification program over the next five years to spur the production of 13 new vehicles. By 2020, the company says, 40 per cent of its nameplates will offer electrified versions. First among those new vehicles will be the next Focus Electric featuring an all-new direct current fast-charge capability that will deliver an 80 per cent charge — and a projected 160-kilometre range — in about 30 minutes. That's two hours less than it takes to deliver a similar charge to the current Focus Electric model. The new Focus Electric will offer the "Brake Coach" feature that instructs the driver on how to smoothly use the pedal to maximize the energy captured through regenerative braking.

FUELING STATIONS

Nissan imagines a new future

Nissan partnered with London architects Foster + Partners to develop a "sustainable urban master plan." Looking ahead, David Nelson of F+P said that autonomous cars, artificial intelligence and greater connectivity "will come at great pace." That experience, could involve inductive (wireless) recharging.

GT

Ford beats its chest with lightweight Gorilla Glass

Ford's built-in-Canada GT supercar will use a strong, lightweight glass developed for cell phone use in its windshield and engine cover. Gorilla Glass, developed by Corning for smartphone touchscreens is a thin and durable alternative to regular safety glass, reports AutoWeek magazine. It's also about 30 per cent lighter, while maintaining and possibly improving the safety quotient of safety glass. Ford said the high-tech glass in the windshield and engine cover will save about five kilograms in the car's overall weight.

IN BRIEF

Self-driving Volts to be built in Canada

A fleet of self-driving 2017 Chevrolet Volts will be built in Ontario, which is a development made possible by a "favourable regulatory environment" that exists in that province. In making the announcement, Steve Carlisle, president of General Motors Canada, predicted that autonomous vehicles would be an $87 billion industry by 2030. But continued government support is needed for that to happen. Governments need to be increasingly involved with connected and autonomous car technology Carlisle said.

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GT model shown

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SL AWD Premium model shown^

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The service period ("Service Period") will commence on the purchase or lease transaction date ("Transaction Date") and will expire on the earlier of: (i) the date on which the maximum number of Service Visits has been reached; (ii) 36 months from the Transaction Date; or (iii) when the Eligible Vehicle has reached 48,000 kilometers. All Eligible Services must be completed during the Service Period, otherwise they will be forfeited. The Offer may be upgraded to use premium oil at the recipient's expense. The Eligible Services are not designed to meet all requirements and specifications necessary to maintain the Eligible Vehicle. Any additional services required are not covered by the Offer and are the sole responsibility and cost of the recipient. Offer may not be redeemed for cash and may not be combined with certain offers. NCFSI reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. Ask your retailer for details. ^Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00) with $0 down payment and $0 security deposit. First monthly payment, down payment and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $10,513. ^$3,250/$5,500/$5,750/$6,500 NCF standard finance cash available on new 2015 Micra 1.6 SR (S5SG55 AA00/AA10)/(S5SG75 AA00/AA10)/(S5XG75 AA00/AA10)/2015 Sentra 1.8 SV (C4LG55 AA00), 2015 Sentra SR Premium CVT (C4LG15 RP00)/2015 Pathfinder S 4x4 (5XBG15 AA00)/Pathfinder Platinum 4x4 (5XEG15 AA00/AA10)/2015 Altima 2.5 SL (T4LG15 AA00/AA10)/(S5SG75 AA00/AA10)/2015 Rogue SL AWD Premium (Y6DG16 BK00)/ 2015 Sentra 1.8 SL (C4TG15 AA00)/2015 Pathfinder Platinum (5XEG15 AA00). 0% lease APR for a 24 month term equals monthly payments of $438 with $0 down payment, and $0 security deposit. First monthly payment, down payment, and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $17,524/$19,359. *Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00). 0% lease APR for a 24 month term equals monthly payments of $438 with $0 down payment, and $0 security deposit. First monthly payment, down payment, and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $10,513. ^$3,250/$5,500/$5,750/$6,500 NCF standard finance cash available on new 2015 Micra 1.6 SR (S5SG55 AA00/AA10)/(S5SG75 AA00/AA10)/(S5XG75 AA00/AA10)/2015 Sentra 1.8 SV (C4LG55 AA00), 2015 Sentra SR Premium CVT (C4LG15 RP00)/2015 Pathfinder S 4x4 (5XBG15 AA00)/Pathfinder Platinum 4x4 (5XEG15 AA00/AA10)/2015 Altima 2.5 SL (T4LG15 AA00/AA10)/(S5SG75 AA00/AA10)/2015 Rogue SL AWD Premium (Y6DG16 BK00)/ 2015 Sentra 1.8 SL (C4TG15 AA00)/2015 Pathfinder Platinum (5XEG15 AA00). See your dealer or visit Nissan.ca/Loyalty. ^^+Freight and PDE charges ($1,760/$1,600/$1,760) all-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. 2016 Rogue recognized as IIHS top safety picks when equipped with Forward Emergency Braking. For more information see www.IIHS.org. ^Ward's Large Cross Utility Market Segmentation. MY'16 Pathfinder vs 2016 and 2015 Large Cross/Utility Class. The Nissan Sentra received the lowest number of problems per 100 vehicles among compact cars in the proprietary J.D. Power 2015 Initial Quality Study℠. Study based on responses from 84,367 new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2015. Your experiences may vary. Visit jdpower.com. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

Story behind man's epic used-car ad

BUY ROB'S CAR

Clip capitalizes on car-ad clichés to create comedy

The 2010 Nissan Altima that Rob Comeau has been unable to sell for a year is now in top gear, spinning up hits through Facebook's video view counter and scoring the owner some test drives.

In just over a couple of days, the over-the-top car commercial he and his film production cohorts created has gone viral getting more than 400,000 views.

And not only have 100 people expressed an interest in the wheels he's been trying to sell for $12,500 with no bites on Kijijii, Craigslist and Auto Trader, but the Buy Rob's Car video has grabbed the attention of prospective clients for his friend's film company.

"We sure weren't expecting the video to blow up this big," said Comeau. "It's been pretty wild."

"It all began outside the gym," explains Chris Hau, of Know Hau Media, in Ontario.

The two pals were leaving the fitness club where they have morning workouts when Comeau said: "Man. No one wants to buy my car," gazing at his black Altima in the parking lot.

"Just then I had a great idea for a commercial," said Hau, a director and cinematographer, "So we talked about it over breakfast at McDonald's, which may seem like a funny place to go after working out at the gym."

The next morning Comeau, who is a freelance video director and editor, the camera-wielding Hau, Kyle Widomski, driver and production assistant, and comedian/writer, Mike Sgro, got together.

"Mike and Kyle walked around my car for about half-an-hour spitting out jokes, anything they could think of that would be funny in a commercial and we were writing it all down," Comeau said.

They shot the video, with clips inside the car and out as it cruised up and down streets and through the countryside, from 8 a.m. until 2 p.m. and Comeau edited it later that day.

They paid about $200 for a voice-over narration supplied by a speaker with Voices.com.

Know Hau Media's marketing co-ordinator Lucy Martin got the commercial rolling on Facebook and put the word out to all her contacts to spread it through their online networks.

And it spread like a wild fire, with positive viewer feedback to the tune of 100,000 hits in the first day.

Comeau, who wants to sell the car and possibly get a newer four-door model, is still mystified as to why no one was interested in his Nissan when it was advertised on three different sites.

"It's really a great car, in great condition and accident free," he said, adding: "Maybe the price is too high, but I'm willing to come down a bit."

Now with so many people interested and a test drive already scheduled for a woman who lives in Newmarket, Ont., which is where Comeau resides, it looks like the car has legs.

"We had a pretty good feeling about the video but never expected the kind of response from across Canada and the U.S.," said Hau.

"Even someone from a car company in the States who saw our commercial contacted us about shooting a video for them.

"It's really crazy that this little video we shot with the only intention being to sell Rob's car has gotten so much attention and might even lead to some work for our company," he said.

TORSTAR NEWS SERVICE

WATCH IT
Search for "Guy makes epic commercial to sell old car!" on Facebook to watch the video.

Rob Comeau's been trying to sell his Altima for over a year with no luck, but an over-the-top car commercial has recently garnered interest in the vehicle. KNOW HAU MEDIA

> **Even someone from a car company in the States who saw our commercial contacted us about shooting a video for them.**
> Chris Hau, Know Hau media

metro SPORTS

"Good God almighty," Jim Ross, best known as a play-by-play voice for WWE, has signed on to be a boxing announcer for CBS Sports

Family comes first at Tournament of Hearts

SCOTTIES

Familiar names popping up in Grande Prairie

Prominent bloodlines run through this year's Canadian women's curling championship.

Alberta's Chelsea Carey is the daughter of Dan Carey, who won the 1992 men's championship playing third for Vic Peters. Her uncle Bill was Barry Fry's third when they won the Brier in 1979.

There is a Howard in the Scotties Tournament of Hearts for the first time. Saskatchewan third Ashley Howard is the daughter of Canadian, world and Olympic champion Russ Howard.

Ashley Howard THE CANADIAN PRESS

Her brother Steve, cousin Scott and uncle Glenn have all played in the men's championship. Glenn and Scott are representing Ontario at the Tim Hortons Brier in Ottawa next month.

"It took me a long time to realize I wasn't eligible to play in the Brier and I had to find my own dream," Ashley said.

And while she bears her married name on her Northern Ontario jacket, lead Sarah Potts is the daughter of Rick Lang, winner of three Canadian championships playing third for Al Hackner and Bill Tetley.

The fathers are all in Grande Prairie, Alta., with their daughters — Dan and Rick as spectators and Russ as a television commentator. Rick is one of Curling Canada's national team coaches and oversaw the Brad Jacobs team that won Olympic gold in 2014.

But his wife Lorraine is coaching Northern Ontario's women at the Tournament of Hearts. So Rick is in the unfamiliar role of fan, working the region's traditional moose-call noisemaker and wearing a furry hat at Revolution Place.

Chelsea Carey was out in front at the Scotties on Tuesday in Grande Prairie. JONATHAN HAYWARD/THE CANADIAN PRESS

"He's having a ball, but he's nervous, very nervous," Potts said Tuesday. "I can totally tell when I look up at him."

Carey and her Alberta rink extended their unbeaten run to 6-0 with a 6-4 win over New Brunswick. Northern Ontario was right behind at 5-1 with a 7-4 victory over Newfoundland and Labrador.

Saskatchewan's Jolene Campbell edged B.C. 8-7 to sit tied at 4-2 with Quebec's Marie-France Larouche, who was a 5-4 winner over Nova Scotia's Jill Brothers.

The top four teams at the conclusion of the preliminary round Friday advance to the Page playoff. THE CANADIAN PRESS

IN BRIEF

FIFA presidential candidate seeks delay of election

FIFA presidential candidate Prince Ali is asking for Friday's election to be suspended after his request for the use of transparent voting booths was rejected.

The Jordanian prince's lawyers said Tuesday they are seeking "provisional measures" from the Court of Arbitration for Sport to postpone the vote to select Sepp Blatter's successor.

THE ASSOCIATED PRESS

Hotel chain apologizes to Irving for bed bugs

Hilton Hotels has apologized after Cleveland Cavaliers guard Kyrie Irving said he was bitten by bed bugs Saturday night during his stay in downtown Oklahoma City.

Irving played just nine minutes the next day in a nationally televised win over the Oklahoma City Thunder.

THE ASSOCIATED PRESS

Grizzlies' Gasol ruled out for remainder of season

Grizzlies centre Marc Gasol will miss the rest of this season after having surgery to repair his broken right foot. The team said Tuesday that Gasol had surgery on Saturday.

Gasol averaged 16.6 points and 7.0 rebounds this season.

THE ASSOCIATED PRESS

NHL

Bolts beat Coyotes for 4th straight win

Steven Stamkos scored a goal in his fourth consecutive game, Andrei Vasilevskiy made 29 saves and the Tampa Bay Lightning won their fourth straight by beating the Arizona Coyotes 2-1 on Tuesday night.

Tampa Bay also got a goal from Cedric Paquette on a short-handed penalty shot. The Lightning, second in the Atlantic Division, are three points behind first-place Florida.

Jordan Martinook scored for the Coyotes. THE ASSOCIATED PRESS

The Lightning's Victor Hedman looks for a rebound against Coyotes goalie Louis Domingue. THE ASSOCIATED PRESS

IN BRIEF

Dos Anjos out of fight with broken foot: Reports

UFC lightweight champion Rafael Dos Anjos has a broken foot that will force him out of his bout with Conor McGregor at UFC 196 on March 5, according to Brazilian media reports.

The UFC didn't immediately confirm the cancellation of its main event for UFC 196.

Dos Anjos was scheduled to defend his 155-pound belt against McGregor, the 145-pound champion.

THE ASSOCIATED PRESS

NHL

Habs to review puck-tossing injury

The long-standing practice of players tossing pucks to fans took a scary turn this week when a mother posted on social media that her one-month-old daughter suffered a concussion when hit by a puck that she said was flipped into the crowd by Montreal defenceman P.K. Subban.

It raised two issues: whether tossing pucks is safe and whether infants should be allowed in the stands at hockey games or, in this case, at practice.

HOSPITAL

The infant in question was treated on site and taken to the hospital. She was released the following day and was doing well.

Canadiens spokesman Donald Beauchamp said the club will review the incident to see if changes are needed.

THE CANADIAN PRESS

50

The Golden State Warriors became the fastest team in NBA history to 50 wins in a season with a 102-92 victory over the Hawks on Monday night in Atlanta. The 50-5 Warriors need 23 wins from their last 27 games to top the 1995-96 Bulls' best-ever 72-10 record.

THE ASSOCIATED PRESS

GM mum on details of contract negotiations

BLUE JAYS

Bautista denies seeking $150M over five years

Toronto Blue Jays general manager Ross Atkins is keeping his lips sealed when it comes to contract negotiations with slugger Jose Bautista.

Atkins addressed the media Tuesday at Florida Auto Exchange Stadium, a day after Bautista said he had given management his terms on any potential deal in an earlier meeting.

Ross Atkins
THE CANADIAN PRESS

"If you want me to say the same thing 25 times, I'll say the same thing 25 times: When it comes to a negotiation, a trade rumour, we are not going to discuss them publicly," said Atkins, who repeated some version of that mantra no less than five times within the eight-minute scrum.

After a breakout season in 2010, Bautista signed a five-year contract worth a guaranteed $65 million US. His 2016 option was picked up at $14 million and he could become a free agent at the end of this season.

Bautista said Monday he feels he's outperformed that contract. A media report Tuesday suggested Bautista's proposed deal was a five-year term for $150 million, which the slugger later denied.

Atkins wouldn't reveal anything specific about Bautista's comments or about the earlier meeting he had with the all-star right-fielder.

"All of my interactions with Jose have been incredible," Atkins said. "I love being around the guy. I love talking baseball with him, I love to hear him talking about his career — it gets me fired up. But in relation to the negotiations, out of respect for him, out of respect for the Blue Jays organization, we just can't get into the specifics of it.

"What I can say is that we're really glad Jose's here, we love the fact that he's a Blue Jay. Beyond that I can't comment on negotiations. There's nothing we can say. And there's really nothing more to it than that."

Bautista, who led the majors in home runs in 2010 (54) and 2011 (43), hit 40 homers last season while driving in 114 runs. The right-fielder is still very much in his prime at 35 and has said he feels he can play at a high level for several years to come.

Blue Jays manager John Gibbons said he expects Bautista to have a "monster year."

"The stakes are so high for us personally as a team and what's at stake for him as a free agent so it might be his best year ever," he said. THE CANADIAN PRESS

TRADE NIXED

Saunders staying put

Reports on Monday night indicated that Toronto would pick up Cincinnati Reds outfielder Jay Bruce in a three-team deal with the Los Angeles Angels, but that the trade later fell through because of medical issues.

The initial speculation was that the Jays' Michael Saunders, who injured his left knee during last year's spring training when he stepped on a sprinkler head while shagging fly balls, was the problem. Reports later indicated that it was a minor-leaguer who had also been involved in the trade.

All-star right-fielder Jose Bautista is slated to become a free agent after the 2016 season.
FRANK GUNN/THE CANADIAN PRESS

MLB

Stanton on path to recovery yet again

Giancarlo Stanton stepped to the plate at spring training for the first time Tuesday, took eight swings and never hit the ball more than 100 feet, even though the pitcher was throwing underhand from close range.

Not to worry. Stanton was in a batting cage merely to remove winter rust, commencing his latest comeback from a season-ending injury. The Miami Marlins' first full-squad workout marked the return of their $325-million slugger, who missed the second half of last season with a broken left hand. He took a lot of swings, and was still in the cage after most had departed.

27

Number of homers Stanton had last year, enough to lead the majors, before he got hurt.

Stanton has hit 159 homers since 2011, most in the NL, according to STATS, and that's despite missing 202 games during that span. For the second February in a row, he is returning from a season-ending injury.

A fastball to the face was the final pitch he saw in 2014. Last year he was leading the majors with 27 homers and 67 RBIs when he got hurt June 26.
THE ASSOCIATED PRESS

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PSYCHICS

FINANCIAL

RECIPE Turkey Lettuce Wraps

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Give tortillas a break and send in lettuce to make these zesty, crunchy turkey wraps.

Ready in
Prep time: 5 minutes
Total time: 15 minutes
Serves 4

Ingredients
- 1 Tbsp of vegetable oil
- 1 lb ground turkey
- 1 red pepper, diced
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1/2 cup water chestnuts, diced
- 1 head of Boston or bibb lettuce
- 2 scallions, chopped
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

Directions
1. In a large skillet, drizzle the vegetable oil and warm it up to medium heat. Add the turkey and break it up as it browns until almost cooked through. Add the peppers, garlic and ginger and keep pushing everything around until the vegetables begin to soften. Pour in your vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir. Place the meat mixture in a serving bowl.
2. Place clean and dried whole lettuce leaves, chopped scallions, cilantro and nuts all on the table, along with meat mixture and let everyone assemble their lettuce wraps. Making them in your hand works best — so place a lettuce leaf in one and scoop the fillings in with the other, fold up the leaf and bite in.

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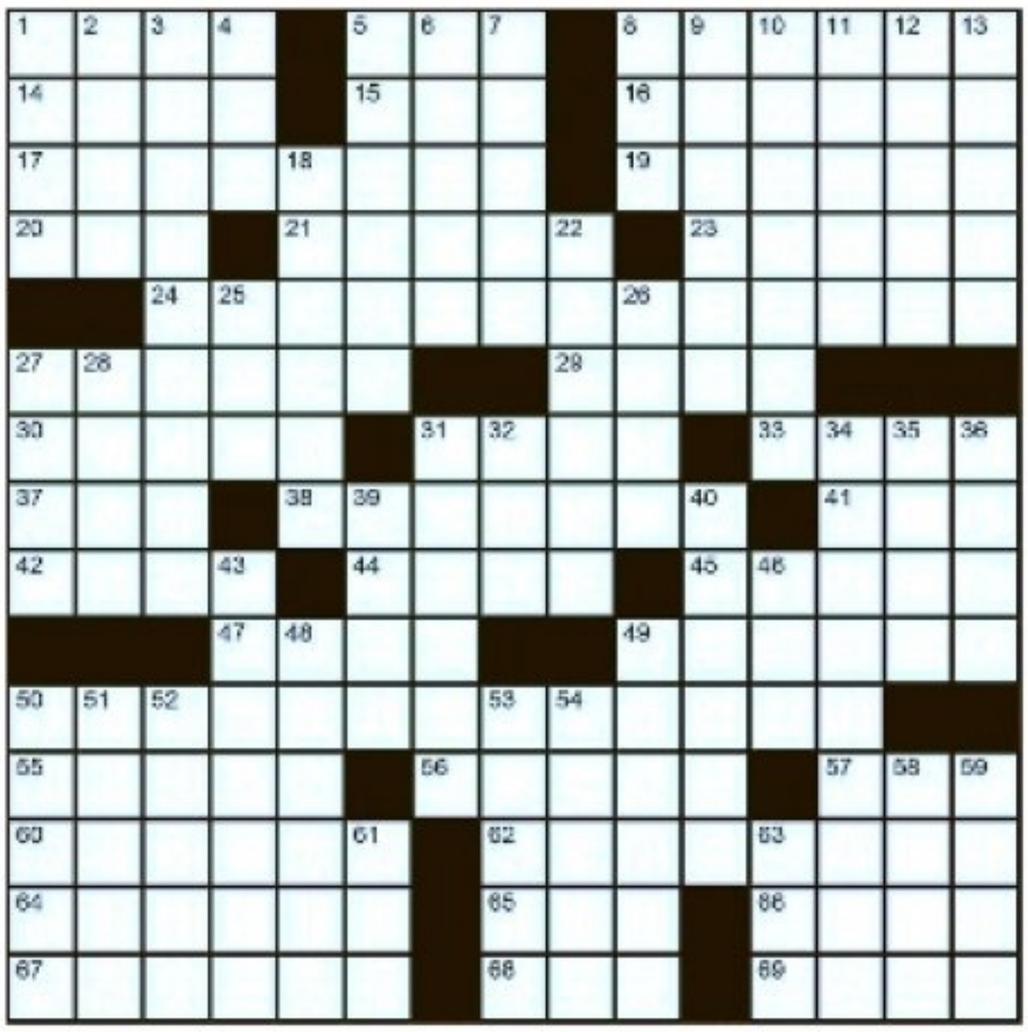
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ox-eyed goddess
5. Aesop's Fables creature
8. Put away
14. Eye _ (Optometrist's skill)
15. Wear
16. Change a moniker
17. Norman Bethune's field
19. Sooner or later: 2 wds.
20. 23rd Greek letter
21. Weaponize again
23. Father, in Latin
24. Stage name of Canadian singer Beatrice Martin: 3 mots
27. Most-shown-off muscles
29. Singer Ms. Tennille
30. Earthy pigment
31. Puck-into-net meaning
33. Troll
37. Honolulu necklace
38. "_ Hal" (2001)
41. Tear
42. Bustles
44. Burton and Golden
45. Violin of Cremona in Italy
47. _-_-date
49. Saskatchewan hamlet, our great land when read backwards
50. What Maritimes food 'dulse' is: 2 wds.
55. High IQ society
56. More healthy
57. Pant leg part
60. Per _ (For each person)
62. Sliding ballet move
64. Thwarted
65. Register
66. Ms. Korbut
67. Compounds in perfume
68. Shakespearean suffix
69. Ran, as clothing dye

DOWN
1. _ seed oil
2. Antiquated amours
3. Salad ingredient
4. Sherbrooke sidekick
5. Parisian farewells
6. Submarine instrument
7. Ventriloquy's Mortimer
8. Lanka's lead
9. _ bowling
10. Lake _
11. Seasoned yogurt side dish of India
12. An archaic ant
13. John _ (Tractor company)
18. Brunch servings
22. Copper and silver
25. Not 'neath
26. On-a-horse sport
27. Gaucho's weapon
28. Frosted
31. Protective shoe covering
32. Certain cheer
34. Breathtaking space in the Canadian Museum of History for the First Peoples of the Northwest Coast exhibition: 2 wds.
35. Ms. Hayworth
36. Majestic
39. Detest
40. Flamingos and Herons
43. Lessen
46. W.C.'s co-star
48. Chef, when prepping the dish for the waiter
49. "Anchors _" (1945)
50. Roast's host
51. Bargains
52. Opinion
53. "Save Tonight" by _-Eye Cherry
54. Dispense
58. Boundary
59. Hoover Dam lake
61. Want _ (Newspaper listings)
63. Bawl

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You can't explain how you've reached a decision but you must have the courage to see it through. The more your rivals oppose you, the more right you are.

Taurus April 21 - May 21
You'll make friends with someone today who could become a lover. Act quickly if you think they might be the one for you. You're not the only one who has designs on their affections.

Gemini May 22 - June 21
Money and possessions cannot make you happy, so forget about your cashflow problems and focus on affairs of the heart. Don't worry about making ends meet — it's meeting the right person that matters.

Cancer June 22 - July 23
Forget about duty and routine and focus on the one thing that means the most to you. You always do what is expected of you but now you must free the creative side of your nature, even if it means breaking a few rules.

Leo July 24 - Aug. 23
You'll have to put up with people who don't want you to succeed. As a general rule the more others criticize the more certain you can be that you are moving in the right direction.

Virgo Aug. 24 - Sept. 23
It's a good time for social activities but you may want to stay in if your 'To Do' list is long. You should know by now that you'll always find work if you look for it — so don't look!

Libra Sept. 24 - Oct. 23
It's good to have respect for powerful people but don't forget that they're human too. Your respect for one is based more on emotion than logic. See them for who they really are.

Scorpio Oct. 24 - Nov. 22
Mars in your sign makes you hugely ambitious but there will always be things you cannot do on your own. Reach out to people who share your passion and principles. Together you will achieve something remarkable.

Sagittarius Nov. 23 - Dec. 21
Today you should shut your ears to the outside world and take no notice of what others are saying. There is so much gossip doing the rounds at the moment that it is sure to end in tears.

Capricorn Dec. 22 - Jan. 20
You seem to be flavour of the month. Make the most of it but don't get carried away and give someone the idea that they mean more to you emotionally than is actually the case.

Aquarius Jan. 21 - Feb. 19
You may be tempted to retreat into your shell, but don't cut yourself off completely. The planets indicate there could be a new love interest!

Pisces Feb. 20 - March 20
Now that the full moon has started to fade, look back on your words and actions of the past few days and you'll see how they were driven by emotion rather than logic. You may need to backtrack on some of the things you promised!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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